

LET'S TALK ABOUT LOSS

England & Wales · Charity number 1195258

Details

Status Registered

Legal form CIO

Registered 2021-07-22

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

Contact

Address St. Barnabas Church
Lodge Road
Southampton
SO14 6RF

Phone 07786592759

Email hello@letstalkaboutloss.org

Website www.letstalkaboutloss.org

Activities

Objects: THE OBJECTS OF LET'S TALK ABOUT LOSS ARE; TO RELIEVE THE SUFFERING AND ISOLATION OF PERSONS AGED 18-35 IN THE UK SUFFERING FROM BEREAVEMENT OR LOSS BY THE PROVISION OF PEER SUPPORT AND ADVICE FOR SUCH PERSONS. CHARITABLE PURPOSE 12; THE RELIEF OF THOSE IN NEED, BY REASON OF AGE AND BEREAVEMENT. THIS MEANS GIVING RECOGNITION, SUPPORT AND TIME TO A SPECIFIC AGE RANGE WHO HAVE FACED THE LOSS OF SOMEONE IMPORTANT TO THEM.

Activities: Let's Talk About Loss supports people aged 18-35 who are bereaved, providing monthly peer-led meet ups, a blog, campaigns and events to talk through the taboo of grief.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Disability
- **Who:** Children/young People

Geography

- Northern Ireland
- Scotland
- Throughout England

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£56,950	£58,545	-	-
2024-03-31	£54,437	£34,416	-	-
2023-03-31	£32,255	£28,810	-	-
2022-03-31	£42,013	£19,353	-	-

Trustees

Name	Role	Appointed
Katherine Moreton	Chair	2021-07-22
Alwin Puthenpurakal		2026-01-17
Amy Lambert		2021-07-22
Callum Flannigan		2026-01-17
Elisha Matthews		2023-11-22
Emma Bowles		2026-01-17
Jonathan Charles Salmon		2021-07-22
Kirah Harry		2026-01-17
Latoya Laryea		2023-11-22

LET'S TALK ABOUT LOSS

England & Wales - Charity number 1195258

Accounts

Trustees' Annual Report for the period

From 1st April 2024

To 31st March 2025

Charity name:

Let's Talk About Loss

Charity registration number:

Registered Charity No. 1195258 (Charity Commission for England and Wales)

Registered Charity No. SC051599 (Scottish Charity Regulator)

Objectives and Activities

Summary of the purposes of the charity as set out in its governing document

The objects of *Let's Talk About Loss* are;

To relieve the suffering and isolation of persons aged 18-35 in the UK suffering from bereavement or loss by the provision of peer support and advice for such persons.

Charitable purpose 12; The relief of those in need, by reason of age and bereavement. This means giving recognition, support and time to a specific age range who have faced the loss of someone important to them.

Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.

- Meet ups (activities)
 - In total, we ran **137 meet ups** during the year, with 1 new group starting - an Online group specifically for young grievors who identify as male.
 - This year we also ran **themed meet ups**, all hosted virtually on Zoom, for specific moments in the calendar or types of loss. These included Father's Day, Mother's Day, and Christmas themed meet ups.
- Our ***Creative Writing About Loss*** group continued with a volunteer, Bridget Hamilton, running this. It continues to be really successful with regular Zoom meetings and people sharing their own creative writing frequently in the Facebook group. (activity)

- Our **Bereavement Book Club** continued this year and increased the number of meetings with new committed volunteers. The group ran several successful book giveaways on our social media which helped grow the group. (activity)
- On our **blog**, we published 15 posts during the year with a variety of advice and support for young griever. We specifically try to cover different topics in our blog to ensure that all young griever feel seen and supported. This year our blogs were on topics including baby loss, sibling loss, partner loss and more. (activity)
- We continued our three **Advisory Boards** which help us to learn from young griever in under-served communities and be a truly user-led organisation. The three Advisory Boards focus on Racial Equity, Accessibility, and LGBTQ+ communities. (project)
- In December 2024, we ran two **community open meetings on disability** and inclusion, run by the Chair of our Accessibility Advisory Board. These meetings aimed to gather feedback and input from disabled young griever and allies on how the charity could improve our work and services. The ideas generated and shared in those meetings will be reviewed and implemented by our Accessibility Advisory Board. (project)
- We continued to ensure that all our volunteers completed mandatory **safeguarding training** and during the financial year there were no safeguarding reports made. (service)
- **Social media** - this continues to be the main way that people find out about Let's Talk About Loss and we continue to publish engaging content for our target audience - a generation of scrollers! We published content year round, particularly acknowledging Black History Month and LGBTQ+ history month. We also continued to work with influencers from a diverse range of background for weekend takeovers, which help us amplify the voices of different young griever and work in partnership with fantastic individuals and organisations. (activity)
- Thanks to funding from The National Lottery Community Fund, we ran three **Big Meet Ups** this year, following a successful pilot in the last financial year. These Big Meet Ups were in Coventry, Liverpool and Newcastle (one in April and two in October). These events were hugely successful at reaching new audiences in target areas for the charity, and bringing grief support to communities who so often can't access it. (activity)
- A group of our young griever **co-created content** with Young Minds this year, helping to create a resource for trusted adults supporting young people who are grieving. Joining the roundtable discussion was an exciting opportunity and it was good to work in partnership with Young Minds. (project)
- We ran a large **survey** of our meet up attendees from May - July 2024 and gathered useful information about how they heard about the organisation, how we could improve our services, and what other grief support they find useful.

These insights will shape the work of our new strategy, which will be written in the 2025-2026 financial year.

Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit

All trustees have had regard for the guidance provided by the *Charity Commission*, using the online resources on a number of occasions to aid the creation of processes and protocol.

Achievements and performance

Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.

- We were delighted this year to recruit and appoint our second member of staff, a Community Engagement Officer, who started in May 2024. This increases our capacity significantly as we now have two part-time members of staff working to run Let's Talk About Loss. The new role focuses on the oversight and management of our volunteers, including improving onboarding and offboarding, and supporting growth and development.
- During this year, the charity continued to work with over 60 volunteers with minimal turnover, all of whom have experience of losing someone at a young age. These volunteers served across a range of activities:
 - Blog management
 - Meet up hosting
 - Advisory board members
 - Host Coordinators, supporting our Hosts
 - Book Club and Creative Writing group facilitation
 - Men Talk About Loss campaign planning
- This year we were extremely grateful to receive significant funding from Take Our Hand, a charity that decided to close its doors and wind up operations. We were chosen as the beneficiary to receive the money that Take Our Hand had remaining as unrestricted spend, and this was incredibly useful for our small charity.
- In June 2024 we had our annual Trustee Away Day in London and we remain very thankful for the amazing Trustees who support Let's Talk About Loss and continue to grow and develop our work.

- Our Director and our Freelance Social Media Manager both took part in The Bold Type - a course for improving inclusive communication - this year. This was a brilliant course led by Ettie Bailey-King with practical tips and advice for becoming more inclusive and accessible in all internal and external communication.
- Our TikTok channel grew significantly this year, thanks to the tireless work of our Freelance Social Media Manager. It is now one of the key ways young griever discover Let's Talk About Loss and get in touch with us.
- A team of dedicated fundraisers took on a charity skydive for Let's Talk About Loss in July 2024, and raised thousands of pounds for our work with young griever.
- We worked with new illustrators and collaborators to broaden our range of sympathy and Christmas cards, which are a useful source of income for the charity.
- Our Director gave two talks to other organisations on World Mental Health Day in October 2024 - GSMA and Rolls Royce. We are grateful that these organisations supported our mission that no young griever grieves alone and supported Let's Talk About Loss financially by booking these talks.
- Fundraising
 - In total, we raised £56,950 during this financial year.
 - Of this total, £33,171 was unrestricted funding and £23,779 was restricted to specific projects or events.
 - We continue to be mostly reliant on grant funding, but are looking to expand our income sources and continue to be exceptionally grateful to our supporters who give on a monthly basis, and our fundraisers who take on challenges and events to support us.

Structure, Governance and Management

Type of governing document

CIO - FOUNDATION

How is the charity constituted?

CIO

Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees

Trustees are selected for experience and skills needed on the board, as well as knowledge and interest in the objectives.

Reference and Administrative details

Charity name

Let's Talk About Loss

Other name the charity uses

NA

Registered charity number

1195258 (England and Wales)

SC051599 (Scotland)

Charity's principal address

St Barnabus Church, Lodge Road, Southampton, SO14 6RF

Trustee name	Office (if any)	Dates acted if not for whole year
Katherine Moreton	Chair	
Latoya Laryea	Treasurer	
Jonathan Salmon	NA	
Rohit Sagoo	NA	
Elisha Matthews	NA	
Amy Lambert	NA	
Sanisha Wynter	NA	

Declarations

The trustees declare that they have approved the trustees' report above

Signed on behalf of the charity's trustees

Signature(s)	Katherine Moreton (electronic)
Full name(s)	Katherine Moreton
Position (eg Secretary, Chair, etc)	Chair



Receipts and payments accounts

CC16a

For the period from	Period start date 01/04/2024	To	Period end date 31/03/2025
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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 £	Last year to the nearest £
A1 Receipts					
Lush Foundation			-	-	-
National Lottery Community engagement		20,000	-	20,000	150
Take Our Hand (TRF OF CLOSURE FUNDS)	14,996			14,996	-
National Lottery Awards for All - England		-		-	10,000
Sir Robert McAlpine Strong Communities Fund				-	1,500
DONATIONS	3,780		-	3,780	2,654
PRODUCT SALES	631		-	631	164
WORKSHIPS/TALKS/MISC INCOME			-	-	2,063
CORPORATE FUNDRAISING	85			85	8,074
SUPPORTER & COMMUNITY FUNDRAISING	11,238			11,238	8,236
Government grants	1,055		-	1,055	596
CO-OP #Iwill BEREAVEMENT Grant	1,055		-	1,055	-
MAGIC LITTLE GRANTS			-	-	-
NATIONAL SURVIVOR			-	-	-
TUDOR TRUST		3,500	-	3,500	21,000
TALKS AND EVENT INCOME	331	279	-	610	-
<i>Sub total (Gross income for AR)</i>	33,171	23,779	-	56,950	54,437
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
<i>Sub total</i>	-	-	-	-	-
Total receipts	33,171	23,779	-	56,950	54,437
A3 Payments					
OFFICE	1,358		-	1,358	-
TRAVEL	639	180	-	819	308
COST OF GOODS			-	-	-
POSTAGE	181	9	-	190	212
COST OF LOCAL GROUPS & EVENTS	790	7,119	-	6,329	4,766
ADVERTISING	286	586	-	872	639
COMMUNICATIONS (EMAIL/WEBSITE)	6,347	230	-	6,577	3,357
TRUSTEE EXPENSES, VOLUNTEER TRAINING AND MEETINGS	1,823	213	-	2,035	2,118
INCLUSION WORK	2,976	5,030	-	8,006	-
MISC	1	1	-	-	912
WAGES, NIC, PENSION	23,783	2,497	-	26,281	12,091
STAFF EXPENSES & TRAINING	1,631	227	-	1,858	-
PROJECT CO-ORDINATOR			-	-	3,292
FUNDRAISING	2,487		-	2,487	1,204
INSURANCE	248		-	248	751
GOVERNANCE	1,485		-	1,485	3,109
<i>Sub total</i>	42,453.39	16,091.22	-	58,545	32,758
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
<i>Sub total</i>	-	-	-	-	-
Total payments	42,453	16,091	-	58,545	32,758

<i>Net of receipts/(payments)</i>	- 9,283	7,688	-	- 1,595	21,679
A5 Transfers between funds	- 5,486	5,486	-	-	-
A6 Cash funds last year end	51,802	10,000	-	61,802	40,123
<i>Cash funds this year end</i>	37,033	23,174	-	60,207	61,802

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	CURRENT ACCOUNTS	37,033	23,174	-
	Pre-paid card balance	-	-	-
	Petty Cash	-	-	-
	Total cash funds (agree balances with receipts and payments account(s))	37,033	23,174	-
		OK	OK	OK
B2 Other monetary assets	Details			
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details			
		Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details			
		Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details			
	HMRC - PAYE for Jan, Feb and March Payroll	Unrestricted	814	22nd April 2025
	Accountancy and Independent examination fee	Unrestricted	1,525	15 December 2025
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
Let's Talk About Loss

**On accounts for the year
ended**

31st March 2025

**Charity no
(if any)**

1195258

Set out on pages

1-2

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31/03/2025**.

**Responsibilities and
basis of report**

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.

**Independent
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention 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.

Signed:

Date:

12th December
2025

Name:

Janice Willis FCCA

**Relevant professional
qualification(s) or body
(if any):**

Association of Chartered Certified Accountants

Address:

Cloud Eleven Accountants

12A Stanford Rd, Lymington

Hampshire, SO41 9GF

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

Give here brief details of any items that the examiner wishes to disclose.

LET'S TALK ABOUT LOSS

England & Wales - Charity number 1195258

Accounts



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
Let's Talk About Loss

**On accounts for the year
ended**

31st March 2024

**Charity no
(if any)**

1195258

Set out on pages

1-2

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**Responsibilities and
basis of report**

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**Independent
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention 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.

Signed:

Date:

4th December 2024

Name:

Janice Willis FCCA

**Relevant professional
qualification(s) or body
(if any):**

Association of Chartered Certified Accountants

Address:

Eleve11 Consulting T/A Cloud Eleven Accountants

Palamos House, 66-67 High St, Lymington

Hampshire, SO41 9AL

Section B

Disclosure

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

Give here brief details of any items that the examiner wishes to disclose.

Trustees' Annual Report for the period

From 1st April 2023

To 31st March 2024

Charity name:

Let's Talk About Loss

Charity registration number:

Registered Charity No. 1195258 (Charity Commission for England and Wales)

Registered Charity No. SC051599 (Scottish Charity Regulator)

Objectives and Activities

Summary of the purposes of the charity as set out in its governing document

The objects of *Let's Talk About Loss* are;

To relieve the suffering and isolation of persons aged 18-35 in the UK suffering from bereavement or loss by the provision of peer support and advice for such persons.

Charitable purpose 12; The relief of those in need, by reason of age and bereavement. This means giving recognition, support and time to a specific age range who have faced the loss of someone important to them.

Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.

- Meet ups (activities)
 - In total, we ran **133 meet ups** during the year, with 4 new groups starting in Portsmouth, Halifax, Newquay and Southampton. This took us from 35 to 39 active groups across the UK.
 - This year we also ran **themed meet ups**, all hosted virtually on Zoom, for specific moments in time or types of loss. There were 4 of these meet ups, which focussed on Complex / Traumatic Loss, Fathers Day, Christmas and Young Grievors who are also Young Carers.

- Finally, we continued our **student meet up project**, with one group at *London School of Economics*. This group continues to go well, and we anticipate scaling up our Students Talk About Loss project during 2025-26.
- Our **Creative Writing About Loss** group continued with a volunteer, Bridget Hamilton, running this. It continues to be really successful with regular Zoom meetings and people sharing their own creative writing frequently in the Facebook group. (activity)
- Our **Bereavement Book Club** continued this year and increased the number of meetings with one regular volunteer, Lauren Harris. The group ran several successful book giveaways on our social media which helped grow the group. (activity)
- On our **blog**, we published 16 posts during the year with a variety of advice and support for young griever. Emma Foley continued as our volunteer Blogs Assistant and did an excellent job of editing and uploading new blogs. (activity)
- We continued our three **Advisory Boards** which help us to learn from young griever in under-served communities and be a truly user-led organisation. The three Advisory Boards focus on Racial Equity, Accessibility and LGBTQ+ communities. These are currently under review in order to increase engagement of the board members, including encouraging active participation from trustees to act in a sponsor role. (project)
- During the year, we worked with **Executive Advisors** on distinct projects where their skills, expertise and knowledge could help the organisation. (project)
- We continued to ensure that all our volunteers completed mandatory **safeguarding training**. During the financial year, there were three safeguarding reports made, all of which were handled internally to a successful outcome. (service)
- **Social media** - this continues to be the main way that people find out about Let's Talk About Loss and we continue to publish engaging content for our target audience. We started a TikTok account this year, and continued to post on Instagram and Facebook. We stopped posting on Twitter (X) due to the toxic nature of the platform. (activity)

Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit

All trustees have had regard for the guidance provided by the *Charity Commission*, using the online resources on a number of occasions to aid the creation of processes and protocol.

Achievements and performance

Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.

- Elizabeth (Beth) French continued her employment as Director 14 hours a week to run the charity. Beth also received organisational leadership coaching through *BetterUp*, paid for by the generous funders *Queen's Commonwealth Trust*, which was particularly useful for growing her leadership skills.
- In early 2024, we identified that the charity's capacity needed to increase and we put out a job advert for a Community Engagement Officer on 1st March 2024. During the end of this financial year, we were still in the application stage of the process, and in total received 418 applications due to the inclusive, accessible nature of the role.
- During this year, the charity totalled over 70 volunteers, all of whom have experience of losing someone at a young age. These volunteers served across a range of activities:
 - Meet up hosting
 - Host Coordinators, supporting our Hosts
 - Advisory board members
 - Blog management
 - Book Club and Creative Writing group facilitation
 - Men Talk About Loss campaign planning
- A highlight for the year was a win for our Persevering Podcast at the *British Podcast Awards*! From January 2021 to January 2023, a group of young grieverers formed our Rollercoaster Project Youth Board (funded by *The Co-op Foundation*) and created the Persevering Podcast together. It was entered into the 2023 *British Podcast Awards* longlist, and the Youth Board members were delighted that it was then shortlisted in two categories - Wellbeing and Editor's Choice (Specialist). We were grateful that Youth Board members and our Project Lead were able to attend the Awards ceremony in September 2023 and find out on the night that Persevering had won the Editor's Choice Specialist Award, which was incredible for an amateur podcast made by a group of young grieverers, for young grieverers.
- In November 2023, we ran an in-person gathering for our Men Talk About Loss campaign at the *Lucky Saint* pub in London. The rapper Shocka and the mental health campaigner Ben West spoke at the evening, and we were thrilled that many of the men who attended the event were brand new to Let's Talk About Loss and have since connected in with regular meet ups. We also filmed the

event which was useful content for our Men Talk About Loss campaign and helps us break down the stigma of men talking about grief.

- We launched an email newsletter for meet up updates this year, in order to make the communication of our meet up dates and times easier. This started in May 2023 and had nearly 100 subscribers by March 2024.
- We were particularly proud of our inclusive social media work this year, with our freelance Social Media Manager Chrissie Huntley, who joined us in 2023, creating content around Pride and Black History Month. We prioritised amplifying the voices of specific community members and ran many successful weekend takeovers. We also started a new series on Instagram called 'Is It Just Me?' where our followers proposed anonymous questions about some of the complexities of grief, and others commented with encouragement and similar stories. This fed into our wider social media strategy that our channels are in of themselves places where people can find support in their grief, and not simply places to broadcast organisational updates. Chrissie's monthly monitoring and evaluating reports build a learning culture where the charity can then reiterate for even more impact.
- During the 2023-24 year, Let's Talk About Loss thanked Trustees Deborah Bradley and Rebecca Field, who stepped down. We welcomed two new Trustees - Latoya Laryea, as Treasurer Trustee, and Elisha Matthews, who has a fundraising background.
- As a team, we met in London in the summer of 2023 for our first Trustee Away Day, attended by our Trustees and our Director. This was a great day of strategising and deepening our connections.
- We deepened our commitment to inclusivity and accessibility, continuing our work with Taz Rasul, an inclusion consultant. Through the year, she built on the work started early in 2023, creating a document with guidance for Let's Talk About Loss volunteers on inclusivity, working with our Advisory Board Chairs to strengthen the work of these Boards, and training our team further on accessibility.
- To network and grow the knowledge of Let's Talk About Loss, Director Beth French attended the inaugural *Suicide and Co Sector Summit* in February 2024, and met with many other grief charities and sector leaders.
- During this financial year, we were grateful for pro-bono support from two corporate companies:
 - *LX Local* created our Host Onboarding Journal, an interactive PDF that guides our volunteer Hosts through their first 90 days in the role, and aims to increase their confidence and increase volunteer engagement and retention. We are so grateful to everyone at *LX Local* for their commitment and enthusiasm for this project.

- *Hargreaves Lansdown* were partnered with us through the *Technology Volunteers* platform and have started work on researching a new community platform that Let's Talk About Loss can use, instead of Facebook which many young grieverers don't want to use.
- The charity was chosen as the charity partner for an incredible short film, *Good Boy*, directed by Tom Stuart and starring Ben Whishaw. Our Director Beth was invited onto set while filming, and met with Tom and Ben to share the aims of Let's Talk About Loss. After the film was completed, it was viewed at Let's Talk About Loss meet ups to start important conversations about grief.
- Fundraising
 - In total, we raised £54,437 during this financial year.
 - We were mostly reliant on grant funding. During this financial year we received our second and an additional third installment of an unrestricted grant towards core costs from *The Tudor Trust*. Due to internal changes at *The Tudor Trust* they closed for new grants, and awarded each of their existing grantees a further one year of funding, with a small cost-of-living uplift. This means we received £21,000 of unrestricted income from *The Tudor Trust* during this financial year for which we were incredibly grateful.
 - We received £10,000 from *The National Lottery Awards for All - England* to put on three Big Meet Ups during the 2024-25 financial year. We are looking forward to delivering these events as a way for young grieverers to connect with others who understand loss and grief.
 - We launched new bereavement cards during this financial year, as a way to diversify our income. These are sold on *Etsy*.
 - During this year, individuals took on challenges to fundraise for Let's Talk About Loss. We started a new partnership with *Skyline Events* and had three skydivers fundraise for us - a huge thank you to Maisie, Megan and Caitlin who took on an exhilarating challenge and raised lots of money! Also a big thank you to Yvonne who ran the London Big Half Marathon and raised funds for us through this. We were pleased to raise more from community fundraising than we had at any point before.
 - We launched a new fundraising campaign, Sponsor our Hosts, this year, with the view to utilise the networks and connections of our local meet up Hosts to bring in funds. This did not perform well in the year and has been stopped while we review our fundraising strategy.
 - We continue to have a small number of supporters who give on a monthly basis, for whom we are incredibly grateful.

Structure, Governance and Management

Type of governing document

CIO - FOUNDATION

How is the charity constituted?

CIO

Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees

Trustees are selected for experience and skills needed on the board, as well as knowledge and interest in the objectives.

Reference and Administrative details

Charity name

Let's Talk About Loss

Other name the charity uses

LTAL

Registered charity number

1195258

Charity's principal address

3 Beedon Way, Eastleigh, SO50 9RU

Trustee name	Office (if any)	Dates acted if not for whole year
Katherine Moreton	Chair	
Latoya Laryea	Treasurer	From 22nd November 2023
Jonathan Salmon	NA	
Rohit Sagoo	NA	
Amy Lambert	NA	
Sanisha Wynter	NA	

Trustee name	Office (if any)	Dates acted if not for whole year
Elisha Matthews	NA	From 22nd November 2023

Declarations

The trustees declare that they have approved the trustees' report above

Signed on behalf of the charity's trustees

Signature(s)	Katherine Moreton
Full name(s)	Katherine Moreton
Position (eg Secretary, Chair, etc)	Chair



Receipts and payments accounts

CC16a

For the period from	Period start date	To	Period end date
	01/04/2023		31/03/2024

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 £	Last year to the nearest £
A1 Receipts					
Lush Foundation	-	-	-	-	4,858
Proctor and Gamble	-	150	-	150	366
WESTERN POWER FOUNDATION	-	-	-	-	5,000
National Lottery Awards for All - England	-	10,000	-	10,000	-
Sir Robert McAlpine Strong Communities Fund	1,500	-	-	1,500	-
DONATIONS	2,654	-	-	2,654	5,383
PRODUCT SALES	164	-	-	164	1,347
WORKSHIPS/TALKS/MISC INCOME	2,063	-	-	2,063	452
CORPORATE FUNDRAISING	8,074	-	-	8,074	10,478
COMMUNITY FUNDRAISING	8,236	-	-	8,236	3,871
Government grants	596	-	-	596	-
CO-OP #iwill BEREAVEMENT Grant	-	-	-	-	-
MAGIC LITTLE GRANTS	-	-	-	-	500
NATIONAL SURVIVOR	-	-	-	-	-
TUDOR TRUST	21,000	-	-	21,000	-
VELANDIA	-	-	-	-	-
Sub total (Gross income for AR)	44,287	10,150	-	54,437	32,255
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	44,287	10,150	-	54,437	32,255
A3 Payments					
OFFICE	-	-	-	-	-
TRAVEL	308	-	-	308	8
COST OF GOODS	-	-	-	-	-
POSTAGE	212	-	-	212	216
COST OF LOCAL GROUPS & EVENTS	4,616	150	-	4,766	10,081
ADVERTISING	639	-	-	639	-
COMMUNICATIONS (EMAIL/WEBSITE)	3,357	-	-	3,357	2,443
TRUSTEE EXPENSES, VOLUNTEER TRAINING AND MEETINGS	2,118	-	-	2,118	3,643
TALKS	-	-	-	-	-
MISC	912	-	-	912	8
WAGES	13,749	-	-	13,749	10,595
PROJECT CO-ORDINATOR	3,292	-	-	3,292	-
FUNDRAISING	1,204	-	-	1,204	690
INSURANCE	751	-	-	751	201
GOVERNANCE	3,109	-	-	3,109	925
Sub total	34,266	150	-	34,416	28,810
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	34,266	150	-	34,416	28,810
Net of receipts/(payments)	10,021	10,000	-	20,021	3,445
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	39,623	500	-	40,123	36,678
Cash funds this year end	49,644	10,500	-	60,144	40,123

0.00

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
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B1 Cash funds

CURRENT ACCOUNTS	51,302	10,500	-
Pre-paid card balance	-	-	-
Petty Cash	-	-	-
Total cash funds (agree balances with receipts and payments account(s))	51,302	10,500	-
	Agreement Error	OK	OK

Unrestricted funds Restricted funds Endowment funds

B2 Other monetary assets

Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-

B3 Investment assets

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-

B4 Assets retained for the charity's own use

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

B5 Liabilities

Details	Fund to which liability relates	Amount due (optional)	When due (optional)
HMRC - PAYE for Jan, Feb and March	Unrestricted	743	22nd April 2024
Payroll	Unrestricted	915	02nd April 2024
Wages	Unrestricted	1,008	01 December 2024
Accountancy and Independent examination fee	Unrestricted	-	
		-	

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

Signature	Print Name	Date of approval
<i>K Moreton</i>	Kate Moreton	10/12/24
<i>L Laryea</i>	Latoya Laryea	19/12/24

LET'S TALK ABOUT LOSS

England & Wales - Charity number 1195258

Accounts

Trustees' Annual Report for the period

From 1st April 2022

To 31st March 2023

Charity name:

Let's Talk About Loss

Charity registration number:

Registered Charity No. 1195258 (Charity Commission for England and Wales)

Registered Charity No. SC051599 (Scottish Charity Regulator)

Objectives and Activities

Summary of the purposes of the charity as set out in its governing document

The objects of *Let's Talk About Loss* are;

To relieve the suffering and isolation of persons aged 18-35 in the UK suffering from bereavement or loss by the provision of peer support and advice for such persons.

Charitable purpose 12; The relief of those in need, by reason of age and bereavement. This means giving recognition, support and time to a specific age range who have faced the loss of someone important to them.

Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.

- Meet ups (activities)
 - In total, we ran **146 meet ups** during the year, with 1 new group starting in Cheltenham. This took us from 34 to 35 active groups across the UK.
 - This year we also ran **themed meet ups**, all hosted virtually on Zoom, for specific moments in time or types of loss. There were 5 of these meet ups, which focussed on sibling loss, grief and sobriety, Father's Day, baby loss and grieving at Christmas
 - Finally, we continued our **student meet up project**, that we piloted during 2021-22, called 'Students Talk About Loss'. The aim of this project is to bring our meet ups into university settings and specifically reach more

students who are grieving. Our first group is at *London School of Economics* and launched in September 2021. This meet up has been going well, but we have identified that we do not yet have capacity to grow this and expand to other universities. This remains part of our longer-term strategy.

- Our ***Creative Writing About Loss*** group continued with a volunteer, Bridget Hamilton, running this. It continues to be really successful with regular Zoom meetings and people sharing their own creative writing frequently in the Facebook group. (activity)
- Our ***Bereavement Book Club*** continued this year and increased the number of meetings with new committed volunteers. The group ran several successful book giveaways on our social media which helped grow the group. (activity)
- On our **blog**, we published 18 posts during the year with a variety of advice and support for young grievers. We onboarded a new volunteer Blogs Assistant who supported editing and uploading new blogs, which greatly increased capacity. (activity)
- We continued our three **Advisory Boards** which help us to learn from young grievers in under-served communities and be a truly user-led organisation. The three Advisory Boards focus on Racial Equity, Accessibility and LGBTQ+ communities. (project)
- Launched this year was a further **Executive Advisory Board**, which gave the opportunity for keen and skilled volunteers a way to be involved in supporting the administration of Let's Talk About Loss. We have four volunteers on this Board. (project)
- We successfully closed our ***Rollercoaster Project***, a Youth Board of 16-20 year olds from all across the UK. Funded by The Co-op Foundation, the project ran from January 2021 to January 2023. The primary output from the project was a podcast called 'Persevering: Grief as told by Young People', which was honoured with a British Podcast Award in summer 2023. (project)
- We continued to ensure that all our volunteers completed mandatory **safeguarding training** and during the financial year, there was only one safeguarding report made, which was handled internally to a successful outcome. (service)
- **Social media** - this continues to be the main way that people find out about Let's Talk About Loss and we continue to publish engaging content for our target audience - a generation of scrollers! We published content year round, particularly acknowledging Black History Month with three weekend takeovers from influential black creators posts and also LGBTQ+ history month. We also worked with influencers and partners, for example publishing a video around

managing money when you're bereaved with *All Things Money* and a video on making music as a way of processing grief with *Sound of Daniel*. (activity)

Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit

All trustees have had regard for the guidance provided by the *Charity Commission*, using the online resources on a number of occasions to aid the creation of processes and protocol.

Achievements and performance

Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.

- Elizabeth French was employed as Director on 31st January 2021 for 7 hours a week, and on 8th February 2023 this was increased to 14 hours a week, doubling the capacity of our Director to run the charity, as well as develop strategy.
- During this year, the charity totalled over 60 volunteers with minimal turnover, all of whom have experience of losing someone at a young age. These volunteers served across a range of activities:
 - Blog management
 - Meet up hosting
 - Advisory board members
 - Host Coordinators, supporting our Hosts
 - Book Club and Creative Writing group facilitation
 - Men Talk About Loss campaign planning
- Our book, *Letters from the Grief Club*, commissioned by Jessica Kingsley Publishers, was published in June 2022. It included over 50 contributions from young griever and sold over 1,000 copies during this financial year with an amount of the publisher's income coming to Let's Talk About Loss (£787 during this financial year). We ran 1 virtual launch event with many contributors, and 4 in-person launch events in bookshops across the UK. The book was very well-received and we know it is being used by other grief organisations as a resource.
- In January 2023 we started working with Taz Rasul, an equity and inclusion consultant, who helped us identify five communities who are underrepresented at Let's Talk About Loss. Her work during this financial year marks the start of a

longer project, and will help Let's Talk About Loss make practical changes that will make us a more inclusive and accessible organisation.

- Throughout this financial year we were supported by two freelance Social Media Managers: Carys Evans (until June 2022) and Liesha Mapiye (January 2023 - June 2023), who helped us grow our social media presence. In particular we focussed on growing our Instagram presence and surpassed the milestone of 10,000 followers in early 2023.
- Using a grant provided by *Western Power Foundation*, Let's Talk About Loss hosted the 'Big South West Meet Up' in Exeter for young grieverers in the South West of England to attend. This acted as both a standalone event and a pilot for future potential events in other areas of the UK. We invited Kris Hallenga (Founder of *Coppafeel!*) as a speaker, and Man Yee Woo (British Sewing Bee finalist), Lucy Turner and Tom Stockley as workshop facilitators. All 30 of the attendees enjoyed the day and our feedback was positive, with 100% of participants stating that the event made them feel less alone in their grief.
- Our Director Beth gave talks on grief at *Satellites* (a Christian youth festival), *Vortexa* (a software company) and *Blue Sky Fostering* (a fostering provider), fulfilling our mission to empower more people to talk about loss.
- Fundraising
 - In total, we raised £32,255 during this financial year.
 - We were mostly reliant on grant funding. During this financial year the second instalment of the £20,000 grant from *The Tudor Trust* was pledged, though we did not receive the income until the 2023-24 financial year. This grant income was unrestricted meaning it could help cover core costs of the charity.
 - At the end of March 2023, we received £4,908 from *Lush Wellness Fund*. We had first applied for funding in 2020, but internal delays from Lush meant that we were not awarded funding until this financial year. Due to the delay, Lush removed any restrictions on the funding and therefore it was unrestricted funding.
 - We were delighted to be selected as a charity partner for *Aroundtown*, a real estate company working across Europe. As their UK charity partner, we received a donation of £10,472 in December 2022 which was unrestricted and was instrumental in boosting our reserves to cover core costs.
 - *Big Picture Films Charity* supported Let's Talk About Loss with a one-off donation of £1,600 in August 2022, which was gratefully received.
 - *LocalGiving* gave Let's Talk About Loss a grant of £500 for a 'Men Talk About Loss campaign event'. This will happen during the 2023-24 financial year.

- Our Newcastle meet up group received restricted funding for their meet up activities totalling £366, which was primarily used to book venues and cover the costs of activities to help us make our meet ups as cheap as possible and therefore more accessible.
- Some individuals have done one-off physical challenges to raise money for Let's Talk About Loss, some beneficiaries and others not. Examples of fundraising activities this year were a cycling challenge, two runners at the Bristol Half-Marathon and a skydive.
- Product sales brought in just over £500 of income during this financial year, primarily this was our bereavement cards, but also included Christmas cards, tote bags and a small number of our book *Letters from the Grief Club* sold at in-person events.
- We continue to have a small number of supporters who give on a monthly basis, for whom we are incredibly grateful.

Structure, Governance and Management

Type of governing document

CIO - FOUNDATION

How is the charity constituted?

CIO

Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees

Trustees are selected for experience and skills needed on the board, as well as knowledge and interest in the objectives.

Reference and Administrative details

Charity name

Let's Talk About Loss

Other name the charity uses

NA

Registered charity number

1195258

Charity's principal address

Linden Gate, Clifton Down Road, Bristol, BS8 4AH

Trustee name	Office (if any)	Dates acted if not for whole year
Katherine Moreton	Chair	
Deborah Bradley	Treasurer	
Jonathan Salmon	NA	
Rohit Sagoo	NA	
Rebecca Field	NA	
Amy Lambert	NA	
Sanisha Wynter	NA	

Declarations

The trustees declare that they have approved the trustees' report above

Signed on behalf of the charity's trustees

Signature(s)	Katherine Moreton
Full name(s)	Katherine Moreton
Position (eg Secretary, Chair, etc)	Chair



Receipts and payments accounts

CC16a

For the period from	Period start date	To	Period end date
	01/04/2022		31/03/2023

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 £	Last year to the nearest £
A1 Receipts					
Lush Foundation	4,858	-	-	4,858	-
Proctor and Gamble	-	366	-	366	-
WESTERN POWER FOUNDATION	5,000	-	-	5,000	-
DONATIONS	5,383	-	-	5,383	9,761
PRODUCT SALES	1,347	-	-	1,347	3,339
WORKSHIPS/TALKS/MISC INCOME	452	-	-	452	363
CORPORATE FUNDRAISING	10,478	-	-	10,478	-
COMMUNITY FUNDRAISING	3,871	-	-	3,871	-
BETSY FOUNDATION	-	-	-	-	5,000
CO-OP #Iwill BEREAVEMENT Grant	-	-	-	-	10,000
MAGIC LITTLE GRANTS	-	500	-	500	500
NATIONAL SURVIVOR	-	-	-	-	550
TUDOR TRUST	-	-	-	-	10,000
VELANDIA	-	-	-	-	2,500
Sub total (Gross income for AR)	31,389	866	-	32,255	42,013
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	31,389	866	-	32,255	42,013
A3 Payments					
OFFICE	-	-	-	-	-
TRAVEL	8	-	-	8	67
COST OF GOODS	-	-	-	-	1,125
POSTAGE	216	-	-	216	110
COST OF LOCAL GROUPS & EVENTS	5,533	4,548	-	10,081	794
ADVERTISING	-	-	-	-	1,064
COMMUNICATIONS (EMAIL/WEBSITE)	2,443	-	-	2,443	1,390
TRUSTEE EXPENSES, VOLUNTEER TRAINING AND MEETINGS	3,643	-	-	3,643	2,455
TALKS	-	-	-	-	1,300
MISC	8	-	-	8	1,128
WAGES	10,235	360	-	10,595	4,105
PROJECT CO-ORDINATOR	-	-	-	-	5,627
FUNDRAISING	690	-	-	690	-
INSURANCE	201	-	-	201	188
GOVERNANCE	925	-	-	925	-
Sub total	23,902	4,908	-	28,810	19,353
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	23,902	4,908	-	28,810	19,353
Net of receipts/(payments)	7,487	- 4,042	-	3,445	22,660
A5 Transfers between funds	9,413	- 9,413	-	-	-
A6 Cash funds last year end	22,723	13,955	-	36,678	14,018
Cash funds this year end	39,623	500	-	40,123	36,678

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	CURRENT ACCOUNTS	39,623	500	-
	Pre-paid card balance	-	-	-
	Petty Cash	-	-	-
	Total cash funds	39,623	500	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets	Details	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B4 Assets retained for the charity's own use	Details	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B5 Liabilities	Details	-	-	-
	HMRC - PAYE for Jan, Feb and March Payroll.	Unrestricted	744	20 April 2023
	Accountancy and Independent examination fee	Unrestricted	960	31st December 2023
	Association of chairs Training and annual fee	Unrestricted	90	3rd April 2023
			-	

Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval
	<i>K Moreton</i>	Katherine Moreton	22/12/23



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
Let's Talk About Loss

**On accounts for the year
ended**

31st March 2023

**Charity no
(if any)**

1195258

Set out on pages

1-2

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31/03/2023**.

**Responsibilities and
basis of report**

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.

**Independent
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention 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.

Signed:

Date:

21st December 2023

Name:

Janice Willis FCCA

**Relevant professional
qualification(s) or body
(if any):**

Association of Chartered Certified Accountants

Address:

Eleve11 Consulting T/A Cloud Eleven Accountants

Palamos House, 66-67 High St, Lymington

Hampshire, SO41 9AL

Section B

Disclosure

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

Give here brief details of any items that the examiner wishes to disclose.

LET'S TALK ABOUT LOSS

England & Wales - Charity number 1195258

Accounts

Trustees' Annual Report for the period

From 1st April 2021

To 31st March 2022

Charity name:

Let's Talk About Loss

Charity registration number:

Registered Charity No. 1195258

Objectives and Activities

Summary of the purposes of the charity as set out in its governing document

The objects of *Let's Talk About Loss* are;

To relieve the suffering and isolation of persons aged 18-35 in the UK suffering from bereavement or loss by the provision of peer support and advice for such persons.

Charitable purpose 12; The relief of those in need, by reason of age and bereavement. This means giving recognition, support and time to a specific age range who have faced the loss of someone important to them.

Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.

- Meet ups (activities)
 - In total, we ran **188 meet ups** during the year, with three new groups starting in Ipswich, Derby and Perth + Dundee. This took us from 31 to 34 active groups across the UK. We also ran a survey to meet up attendees in April 2021 and were really pleased with the response. 100% of respondents said that they wanted to attend another meet up, and 85% said they would recommend the meet ups to a friend.
 - This year we also ran **themed meet ups**, all hosted virtually on Zoom, for specific moments in time or types of loss. There were ten of these meet ups, which focussed on sibling loss, being an only child while grieving, Father's Day, father loss, being a mum without your mum, being

parentless or an orphan, grieving at Christmas, sobriety and grief and Mother's Day.

- Finally, we started a **new pilot project** this year, called Students Talk About Loss. The aim of this project is to bring our meet ups into university settings and specifically reach more students who are grieving. Our first group is at *London School of Economics* and launched in September 2021. We will be closely monitoring this project to see how successful it is, what we can learn, and if it feels right for us to roll it out to other universities.
- Our ***Creative Writing About Loss*** group continued with a volunteer, Bridget Hamilton, running this. It continues to be really successful with regular Zoom meetings and people sharing their own creative writing frequently in the Facebook group. (activity)
- Our ***Bereavement Book Club*** also continued this year but had fewer meetings due to a volunteer change over. This is a priority to increase again in the upcoming year. (activity)
- On our **blog**, we published 17 posts during the year with a variety of advice and support for young griever. Despite no volunteer support for the year, this continued to go well. (activity)
- We launched three new **Advisory Boards**. These are just getting started but will hugely improve the work we do at Let's Talk About Loss as it will allow us to learn from young griever in under-served communities and be a truly user-led organisation. The three Advisory Boards that have launched focus on Racial Equity, Accessibility and LGBTQ+ communities. (project)
- With funding from the Co-op Foundation, we continued our ***Rollercoaster Project***, a Youth Board of 16-20 year olds from all across the UK. The project began in January 2021, with the first session for the young people taking place in April 2021. During the year they received training to better understand the grief process, started to plan their podcast project, and met in person in Manchester for a social day out. (project)
- In partnership with *Thirtyone:eight*, we created bespoke **safeguarding training** which is now mandatory for all our volunteers to complete. This ensures that our volunteers are fully equipped and prepared to follow correct procedure should there be a safeguarding incident. During the financial year, there were no safeguarding reports made. (service)

Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit

All trustees have had regard for the guidance provided by the *Charity Commission*, using the online resources on a number of occasions to aid the creation of processes and protocol.

Achievements and performance

Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.

- In July 2021, Let's Talk About Loss was successfully registered with the Charity Commission which allowed for more grants to be applied for, recognised more widely and enabled governance through trustees to support the founder with increasing reach and depth of the services.
- Elizabeth French was employed as Director on 31st January 2021 for 7 hours a week, allowing for paid work to go into day-to-day running of the charity as well as strategy development, management of the Rollercoaster Project Lead and social media manager.
- During this year, the charity totalled over 50 volunteers, all of whom are young grievers themselves. These volunteers served across a range of activities:
 - Blog management
 - Meet up hosting
 - Advisory board members
 - Host Coordinators, supporting our Hosts
 - Social media content creation
 - Men Talk About Loss campaign planning
- The charity was registered in July 2021 with a board of 6 trustees, all of whom were part of the registration process. In March 2022, a seventh was appointed having conducted a skills audit and identifying extra need on the board.
- Let's Talk About Loss was gifted pro bono research with Opinium which gave findings that will be useful for marketing, fundraising and educating the public.
 - Key findings: 77% of 18-35 year olds have experienced the loss of someone in their lives; 39% of 18-35 year olds feel "uncomfortable" talking about grief; 43% of 18-35 year old grievers say talking to people with similar experiences helps them to open up (men more likely than women).
- We also continued to work on our book, *Letters from the Grief Club*, commissioned by Jessica Kingsley Publishers. This published in June 2022 and during this financial year we edited the submissions of over 50 contributors, and submitted the final manuscript to the publishers in November 2021.

- Fundraising
 - In total, we raised £42,013 during this financial year.
 - We were mostly reliant on grant funding, and during this financial year received the second installment of our two year grant from the *Co-op Foundation*. This is funding our *Rollercoaster Project*, and the young people on the Youth Board are working hard to develop a podcast for other young grievers.
 - We also received a grant of £20,000, split over two years, from *The Tudor Trust*. This grant income was unrestricted meaning it could help cover core costs of the charity. The second installment will be received in the 2022 - 23 financial year. We also received an unrestricted grant of £5000 from the *Betsy Foundation* to help cover core costs.
 - Further grants from *National Survivor User Network* (£500), *Magic Little Grants* from *PPL* (£500) and *Velanidia* (£2500) were specifically targeted to training and development for our volunteer Hosts, and enabled us to work with safeguarding charity *Thirtyone:eight* to develop our own bespoke, accredited safeguarding training.
 - As well as grant funding, we ran a successful Crowdfunder campaign and raised £7,448 (plus an estimated £593.50 in Gift Aid) with 89 supporters in 28 days. This also allowed us to raise our profile and connect with new supporters.
 - We continue to have a small number of supporters who give on a monthly basis.

Structure, Governance and Management

Type of governing document

CIO - FOUNDATION

How is the charity constituted?

CIO

Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees

Trustees are selected for experience and skills needed on the board, as well as knowledge and interest in the objectives.

Reference and Administrative details

Charity name

Let's Talk About Loss

Other name the charity uses

NA

Registered charity number

1195258

Charity's principal address

Linden Gate, Clifton Down Road, Clifton, Bristol, BS8 4AH

Trustee name	Office (if any)	Dates acted if not for whole year
Katherine Moreton	Chair	Appointed 22 July 2021
Deborah Bradley	Treasurer	Appointed 22 July 2021
Jonathan Salmon	NA	Appointed 22 July 2021
Rohit Sagoo	NA	Appointed 22 July 2021
Rebecca Field	NA	Appointed 22 July 2021
Amy Lambert	NA	Appointed 22 July 2021
Sanisha Wynter	NA	Appointed 21 March 2022

Declarations

The trustees declare that they have approved the trustees' report above

Signed on behalf of the charity's trustees

Signature(s)	Katherine Moreton
Full name(s)	Katherine Moreton
Position (eg Secretary, Chair, etc)	Chair



Receipts and payments accounts

CC16a

For the period from	Period start date 01/04/2021	To	Period end date 31/03/2022
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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 £	Last year to the nearest £
A1 Receipts					
FUNDRAISING EVENTS	-	-	-	-	1,093
DONATIONS	9,661	100	-	9,761	5,106
PRODUCT SALES	3,339	-	-	3,339	2,000
WORKSHIPS/TALKS/MISC INCOME	363	-	-	363	-
Betsy Foundation	5,000	-	-	5,000	150
Co-op #Iwill bereavement Grant	-	10,000	-	10,000	10,000
Magic Little Grants	-	500	-	500	-
National Survivor	-	550	-	550	-
Tudor Trust	10,000	-	-	10,000	-
Velanidia	-	2,500	-	2,500	-
Sub total (Gross income for AR)	28,363	13,650	-	42,013	18,349
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	28,363	13,650	-	42,013	18,349
A3 Payments					
OFFICE	-	-	-	-	399
TRAVEL	67	-	-	67	39
COST OF GOODS	1,125	-	-	1,125	963
POSTAGE	110	-	-	110	483
COST OF LOCAL GROUPS	794	-	-	794	357
ADVERTISING	564	500	-	1,064	668
COMMUNICATIONS (EMAIL/WEBSITE)	390	1,000	-	1,390	3,399
TRUSTEE EXPENSES, VOLUNTEER TRAINING AND MEETINGS	305	2,150	-	2,455	9
TALKS	1,300	-	-	1,300	1,834
MISC	1,128	-	-	1,128	-
WAGES	4,105	-	-	4,105	299
PROJECT CO-ORDINATOR	-	5,627	-	5,627	419
INSURANCE	188	-	-	188	13
GOVERNANCE	-	-	-	-	270
Sub total	10,076	9,277	-	19,353	9,152
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	10,076	9,277	-	19,353	9,152
Net of receipts/(payments)	18,287	4,373	-	22,660	9,197
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	4,436	9,582	-	14,018	4,821
Cash funds this year end	22,723	13,955	-	36,678	14,018

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	CURRENT ACCOUNTS	21,338	13,955	-
	Pre-paid card balance	1,349	-	-
	Petty Cash	36	-	-
	Total cash funds	22,723	13,955	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
	HMRC - PAYE for Jan, Feb and March Payroll.	Unrestricted	411	18 April 2022
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
Let's Talk About Loss

**On accounts for the year
ended**

31st March 2022

**Charity no
(if any)**

1195258

Set out on pages

1-2

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31/03/2022**.

**Responsibilities and
basis of report**

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.

**Independent
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention 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.

Signed:

Date:

28th January 2023

Name:

Janice Willis FCCA

**Relevant professional
qualification(s) or body
(if any):**

Association of Chartered Certified Accountants

Address:

Eleve11 Consulting T/A On The Spot Tax

Palamos House, 66-67 High St, Lymington

Hampshire, SO41 9AL

Section B

Disclosure

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

Give here brief details of any items that the examiner wishes to disclose.