

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	To	Period end date
	01/04/2021		31/03/2022

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.