



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 13TH SEPTEMBER 2022 To 12TH SEPTEMBER 2023

Charity name: SASHAS PROJECT

Charity registration number: 1195793

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<p>What the charity does:</p> <ul style="list-style-type: none">• The Advancement of Health or Saving of Lives <p>Who the charity helps:</p> <ul style="list-style-type: none">• Children/young People <p>How the charity helps:</p> <ul style="list-style-type: none">• Provides Advocacy/advice/information <p>Where the charity operates:</p> <ul style="list-style-type: none">• Hampshire• Surrey• Berkshire
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.	Para 1.17 and 1.19	Sasha's Project supports the young people of our community. We run a drop-in centre every weekend (open 9pm-6am) in Fleet for any young person who is struggling with their mental health. We supply Christmas Boxes across the UK, providing gifts for all those 13-25yrs who will be on a mental health unit on Christmas Day. We also supply Hospital Bags for young people who end up in ICU.
Statement confirming	Para 1.18	The trustees are aware of and have had

whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit		training regarding public benefit.
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Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	<p>Our Listening Volunteers contributed 1,890 hours of their time to running the crisis drop-in centre.</p> <p>In addition, our Listening Volunteers and Community Volunteers contributed 96 hours of their time supporting information, awareness and community events.</p> <p>Our Listening Volunteers have completed over 144 hours of training from Health & Safety, Safeguarding to Suicide Prevention and Intervention</p>
Other		

Achievements and Performance

	SORP reference	
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	Para 1.20	<p>What we have achieved since 13th September 2022 to 12th September 2023:</p> <p>We continue to operate our drop-in centre every Friday and Saturday night, 9pm – 6am and are open to all young people aged 13yrs to 25yrs. The crisis drop-in centre has been open for 105 sessions supporting young people and their families.</p> <p>We attended 12 awareness/information events including in participating in Voicing Loss research project in June and also speaking at the Hampshire Health & Wellbeing Board.</p> <p>In addition to supporting the young people of our community, we have also been supporting their parents, families and friends. Parents especially are desperate for information and support, often feeling that they are alone, with no one to turn to. Our volunteers are to be commended in the way that they have responded to families and friends.</p> <p>Christmas Box scheme. Sasha's Project Christmas Box Scheme is about delivering a box/bag of Christmas gifts to young people who are spending Christmas Day on a mental health unit. Being an in-patient is hard at the best of times, but at Christmas it is particularly difficult, especially if the young person is unable to see family and friends on Christmas Day.</p> <p>This is a project where communities, individuals and groups come together to donate gifts, which are divided up into festive bags. Our Volunteers take great delight in playing 'Santa' and delivering all the bags on Christmas Eve to the young people in hospital units throughout Hampshire.</p>

		<p>In 2021 we were able to deliver nearly 70 bags to 6 hospitals, and in 2022 we delivered just over 96 bags to 9 hospitals.</p> <p>In addition, the scheme was run in Manchester on our behalf for a second year running, where 28 bags were delivered to 3 hospitals in the area.</p> <p>ICU Hospital Bags program Sasha's Project ICU Hospital Bag program provides hospital bags for young people (age 13-25yrs) who ended up in intensive care as the result of a suicide attempt. Initially, each bag contained toiletries, underwear, top and sweatpants, socks, a book, and a comforter. We have increased the number of items we include in the bags as a result of the input we received from young people.</p> <p>The program has been implemented in both Frimley Park hospital and Wexham Park hospital. We are in discussion with the following hospitals: - Royal Surrey County Hospital Basingstoke and North Hampshire Hospital Royal Hampshire County Hospital</p> <p>Social media. We continue to work on our social media output and are looking forward to launching our website by the end of this year/ early next year</p> <p>Outreach work This year we have also launched our Outreach project, with our Listening Volunteers taking information and awareness into our local community. It's an opportunity for young people to get to know us and also for connections to be made with other professionals/groups who work throughout the night.</p> <p>Raising Awareness We continue to work on implementing our Mission statement, particularly "to</p>
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		<p>challenge and change public perception about the stigma of mental health issues, inspiring others to do the same, alongside promoting a zero tolerance of suicide”.</p> <p>We have achieved this by raising awareness of the charity through the following networking and events:- Fleet Christmas Festivities 2022 Fleet Coronation Celebrations May Farnborough Sixth Form Open Day May Fleet Carnival July The Hampshire WI presentation August Farnborough College of Technology Open Days</p> <p>It is important to open up conversations around mental health and suicide within our community which all our volunteers continue to do in their daily lives, both socially and at their places of work. These random conversations make an impact and raise awareness. These conversations are also had at the numerous forums, panels and meetings which we attend, where we advocate for young people’s mental health to remain on the agenda.</p> <p>Plans for the coming year:</p> <p>We have a number of projects which we are planning to implement in 2023-2024.</p> <p>We are hoping to host a Service of Reflection in November 2023, supporting our community who have been bereaved by suicide. It will be a non-religious, compassionate gathering with music and words. Occasions such as these are very much part of suicide prevention by supporting those bereaved, who are at high risk of suicide themselves.</p> <p>We also intend to formalise our support for parents of young people who are struggling with their mental health. Our Listening Volunteers will receive additional training to better equip them</p>
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		<p>to offer the best support.</p> <p>Finally, we are looking at other ways in which we can support young people on a daily basis. There are a number of different options which are being considered.</p>
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Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	The Charity has seen reasonable income for the period with little expenditure which helps us to continue saving for our goal of supporting young people every day of the week.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	Enough is held in reserves to cover any outgoing expenses for 6 months
Amount of reserves held	Para 1.22	£4,000
Reasons for holding zero reserves	Para 1.22	N/A
Details of fund materially in deficit	Para 1.24	N/A
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	N/A

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	Our principal income is from donations and grants and fundraising.
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	

Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	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	Para 1.25	Selection method is application to the Board, over 16's only, max number of trustees is 10 at any one time. Applicants need to be inline with the charities mission and values.

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	

Other		

Reference and Administrative details

Charity name	Sasha's Project
Other name the charity uses	N/A
Registered charity number	1195793
Charity's principal address	Waverly House Waverly Avenue Fleet Hants GU51 4NN

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Angela Forster	Chair		
2	Steve Forster	Treasurer		
3	Charlotte Tickner	Secretary		
4	Lucy Page	Young people	15 th April 2022	
5	Daniel Trace	Fundraising	15 th April 2022	
6	Georgina Forster-Rampton	Communication		
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19				
20				

Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/A

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

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Other optional information

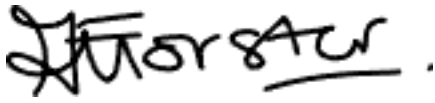

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Declarations

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

Signed on behalf of the charity's trustees

Signature(s)

	
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Full name(s)

Angela Forster	Charlotte Tickner
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Position (eg Secretary,
Chair, etc)

Chair	Secretary
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Date

1 January 2023



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name

No (if any)

Receipts and payments accounts

CC16a

For the period
from

Period start date
13.September 2022

To

Period end date
12-Sep-23

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					
Donations	12,131	-	-	12,131	11,777
Grants	£ 1,896.00	-	-	1,896	14,384
Fundraising	2,774	-	-	2,774	175
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	16,801	-	-	16,801	26,336
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	16,801	-	-	16,801	26,336
A3 Payments					
Staff training	673	-	-	673	425
Office	370	-	-	370	35
Promotion	388	-	-	388	1,580
Rent		-	-	-	396
Insurance		-	-	-	199
Fundraising		-	-	-	92
Other	97	-	-	97	140
ICU Bags	587	-	-	587	-
Xmas	197	-	-	197	-
YP Travel	7			7	
Sub total	2,319	-	-	2,319	2,867
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	2,319	-	-	2,319	2,867
Net of receipts/(payments)	14,482	-	-	14,482	23,469
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	35,452	-	-	35,452	
Cash funds this year end	49,934	-	-	49,934	

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	Opening bank balance	35,452	-	-
			-	-
		-	-	-
	Total cash funds	49,934	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets	Details	to nearest £	to nearest £	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)
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
		Charlotte Tickner	1.1.2024	