



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 13TH SEPTEMBER 2023 To 12TH SEPTEMBER 2024

Charity name: SASHA'S 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	What the charity does: <ul style="list-style-type: none">• The Advancement of Health or Saving of Lives Who the charity helps: <ul style="list-style-type: none">• Children/young People How the charity helps: <ul style="list-style-type: none">• Provides Advocacy/advice/information Where the charity operates: <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	<p>Sasha's Project supports the young people of our community. We run a drop-in centre every weekend (open 8pm-6am) in Fleet for any young person who is struggling with their mental health.</p> <p>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.</p> <p>We provide Hospital Bags for young people who end up in ICU.</p> <p>The charity also hosts a Service of Reflection each year</p>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public	Para 1.18	The trustees are aware of and have had training regarding public benefit.

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 1,908 hours of their time to running the crisis drop-in centre.</p> <p>In addition, our Listening Volunteers and Community Volunteers contributed 171 hours of their time supporting information, awareness and community events.</p> <p>Our Listening Volunteers have completed over 160 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 2023 to 12th September 2024:</p> <p>We continue to operate our drop-in centre every Friday and Saturday night, 8pm – 6am and are open to all young people aged 13yrs to 25yrs. The crisis drop-in centre has been open for 106 sessions supporting young people and their families. There were only 3 closures of the drop-in centre due to volunteer illness.</p> <p>We attended 20 awareness/information events, increasing our visibility in larger forums like Hampshire County Council and the Health & Wellbeing Board, continuing our work with Hampshire 'Voices', the charity Inquest and both Hampshire and Surrey Suicide steering groups. We did suicide awareness and prevention presentations to both TAG Aviation and also The Brain Tumour Charity.</p> <p>Parents Support 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 have received additional training to better equip them to offer the best support and they are to be commended in the way that they have stepped up to provide this additional service</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</p>

		<p>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 2023 we were able to deliver 120 Christmas boxes to 10 hospitals, with volunteers spending Christmas Eve driving across Hampshire delivering the boxes.</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.</p> <p>The program continues at both Frimley Park hospital and Wexham Park hospital. We have received some very touching feedback from young people who have used the bags, confirming that they make a real difference at such a difficult time.</p> <p>Social media. We continue to work on our social media output and were delighted to be able to launch our website which we are continually updating. Although we're not as efficient as we should be, we are improving!</p> <p>Outreach work We continue to operate 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>Service of Reflection</p>
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		<p>We hosted our first Service of Reflection in November 2023 which was a wonderful event, supporting our community who have been bereaved by suicide. It was 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>Raising Awareness We continue to work on implementing our Mission statement, particularly “to 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 2023 Farnborough Sixth Form Open Days Farnborough College of Technology Open Days and Wellbeing Day at UCA, Farnham</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: We have a number of projects which we are planning to implement in 2024-2025.</p> <p>We are hoping to be able to host a Service of Reflection again and have started fundraising towards the cost of doing this.</p> <p>We will be launching our Telephone Support Service in 2025, supporting</p>
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		<p>young people and their families every evening from 9pm until midnight.</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 in line 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		
5	Daniel Trace	Fundraising	Up to June 2024	
6	Georgina Forster-Rampton	Communication		
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
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

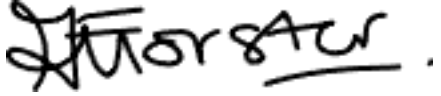
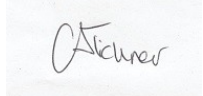


Declarations

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

31 January 2025



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name	No (if any)
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Receipts and payments accounts

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For the period from	Period start date 13th September 202	To	Period end date 12th Spetember 2024
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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					
Donations	25,893	-	-	25,893	12,131
Grants	6,972	-	-	6,972	1,896
Fundraising	3,199	-	-	3,199	2,774
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	36,064	-	-	36,064	16,801
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	36,064	-	-	36,064	16,801
A3 Payments					
Staff Training	398	-	-	398	673
Office	3,510	-	-	3,510	370
promotions	427	-	-	427	388
Other	1,370	-	-	1,370	97
ICU Bags	45	-	-	45	587
Xmas	-	-	-	-	197
YP Travel	-	-	-	-	7
Sub total	5,750	-	-	5,750	2,319
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	5,750	-	-	5,750	2,319
Net of receipts/(payments)	30,314	-	-	30,314	14,482
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	49,934	-	-	49,934	35,452
Cash funds this year end	80,248	-	-	80,248	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 Balanace	49,934	-	-
		-	-	-
		-	-	-
	Total cash funds	80,248	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds
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	30th September 2024	



Independent examiner's report on the accounts

Section A

Independent Examiner's Report

Report to the trustees/
members of

Charity Name
Sashas Project

On accounts for the year
ended

13th September 2024

Charity no
(if any)

1195793

Set out on pages

(remember to include the page numbers of additional sheets)

Respective
responsibilities of
trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention.

Basis of independent
examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent
examiner's statement

In connection with my examination, no matter has come to my attention (other than that disclosed below *)

1. which gives me reasonable cause to believe that in, any material respect, the requirements:

- to keep accounting records in accordance with section 130 of the Charities Act; and
- to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act have not been met; or

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

* Please delete the words in the brackets if they do not apply.

Signed:

Date:

21/10/2024

Name:

Brian Coney

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

A1B ACIS (retired)

IER

1

March 2012

Address:

45 DINORBEN COURT

FLEET

GU52 7SS

Section B

Disclosure

Only complete if the examiner needs to highlight material problems.

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