



THE PIEMAN PT FOUNDATION – ANNUAL REPORT 29/03/22 – 06/04/2023

CIO (Charitable Incorporated Organisation)

Charity Number in England & Wales: 1198415

Registered: 29/03/2022

Address: 24, Imperial Road, Billingham, TS23 1DW

Charity Trustees (29/03/2022-06/04/2023)

Frances Boyd-Hill (*appointed 17/07/2021*)

Lydia Boyd-Hill (*appointed 17/07/2021*)

James Boyd-Hill (*appointed 17/07/2021, now deceased**)

Alexandra Redhead (*appointed 30/04/2023*)

**Further information given in the body of the report*

Structure, Governance & Management

The Pieman PT Foundation (PMPT) is a CIO registered on 29th March 2022 in England and Wales. It is a mental health and wellbeing charity whose target area is the North East of England and which was cofounded by Frances, Lydia and James Boyd-Hill in loving memory of their brother, Lewis Boyd-Hill, who lost his life to suicide in February 2021. It is governed by a foundation model constitution, which was last amended on 10th October 2023. In addition to the three aforementioned founding family trustees, an advisory committee was selected based on skill, existing networks and expertise and was appointed to support and guide the governance of the charity. However, the committee does not have any voting power, their function is solely advisory.

The Pieman PT Foundation was governed by three family trustees initially, until the appointment of Alexandra Redhead on 30/04/2023 after the sudden and unexpected death of James Boyd-Hill, founding family trustee. Alexandra's appointment was agreed by the two remaining founding family trustees, Frances and Lydia Boyd-Hill. This decision was made due to Alexandra's desire to continue James' legacy, her support of the charity's aims and objectives and her professional expertise. All trustees operate on a voluntary basis, and this continues to be the case at the time of writing this report. No further trustees, nor advisory committee members, were recruited during the time period to which this report pertains.

Aims & Purposes

Although The Pieman PT Foundation was set up in memory of our brother Lewis, as trustees we are committed to providing a wider benefit to the public, and thus have had due regard to the Charity Commission's guidance on public benefit when defining our charitable aims and



purposes, as well as when making decisions relating to them during the present reporting period and beyond. As previously mentioned, PMPT is a mental health and wellbeing charity that operates in the North East of England. As trustees, we were born and grew up in this area – or have developed strong ties to it – and thus we feel this is where we can be of most impact to the community, not least because it is the region with the greatest need in terms of improved mental health and wellbeing support (ONS, Suicides in England and Wales: 2020 Registrations, 7th September 2021). Our charity aims to support adults aged 21 years and over by raising awareness of common mental health conditions and wellbeing issues. In addition, we will support them to improve their overall mental health and wellbeing using the three peaks of Education, Exercise and Environment as a vehicle for holistic personal development, which includes improving our mental and physical health as well as our emotional resilience. As a collective we believe that if we dedicate time to understanding and climbing these three peaks throughout our lifetime then this will help us to maintain a more positive state of wellbeing which will lead to improved mental (and physical) health.

Through our work we hope to contribute to an individual and collective mindset and cultural shift towards a society where we acknowledge and accept that not only the elderly feel lonely; not only teenagers suffer from stress and anxiety; not only the bereaved are grieving; and it is not only young people that are trying to define their identity. By sharing experiences and supporting each other authentically, The Pieman PT Foundation's work aims to benefit the public by supporting individuals to foster life-enhancing habits and hone the use of stabilising tools at the earliest possible stage; thus, we hope to offset the number of people reaching crisis point, indirectly contributing to a reduction in the number of deaths by suicide in the North East of England. In addition, over the next 10 years and beyond, we hope to have not only impacted both the regional and national conversation on mental health and death by suicide, but to have also helped bring about measurable cultural, systemic and legislative change in this field.

We are not, and will not become, a crisis service, but where crisis support and intervention is required, we will signpost individuals to the appropriate service. All charitable activity carried out by The Pieman PT Foundation will fall under one of the aforementioned three peaks and the pursuit of *eudaemonia*, the condition of human flourishing, or of living well, is, and will remain, at its heart.

Objectives & Activities

In order to achieve our aims and pursue our purposes, The Pieman PT Foundation has set out several objectives, which will be achieved through a range of activities. Our objectives fall under the three peaks as follows:



Education:

- Increase public knowledge and understanding of common mental health conditions and wellbeing issues and how to better manage them in ourselves and others.
- Generate and disseminate educational/informational materials for adults around how our minds work.
- Suggest ways that individuals can develop their own repertoire of tools to promote psychological and emotional resilience.

Exercise:

- Expand our concept of exercise to include mental and emotional/spiritual work.
- Focus on exercise as a means of empowerment and a tool to maintain psychological stability.
- Support exercise initiatives that promote a healthy mind-body image and a healthy approach to physical exercise.

Environment:

- Highlight the link between our external and internal environment.
- Encourage a reconnection with the physical world around us and provide information on the positive impact this can have on our wellbeing.
- Support and promote initiatives that encourage time spent outdoors.

Through these objectives PMPT aims to benefit the public by furthering their knowledge and understanding of the ways an improved relationship with, a deeper appreciation for and a wider perspective on education, exercise and our environment can positively impact our mental health and wellbeing.

We aim to increase and support the improvement of communication with the general public around existing mental health and wellbeing organisations, discussions, initiatives, services and resources to give more people the opportunity to benefit from this provision to support themselves and/or others to better manage the complexities of modern-day living. Our organisation will also add to the existing discussions, initiatives, services and resources around mental health and wellbeing issues available to adults aged 21 and over in the North East of England.

We will carry out these objectives via a range of activities including, but not limited to: providing **opportunities for training** to support the continued development of people's individual capabilities, competencies, skills and understanding in areas related to mental health and wellbeing; **peer support** with an emphasis on lived experience in order help people to establish a support network and facilitate opportunities for like-minded individuals, or those experiencing similar difficulties, to share knowledge and experiences; **signposting** to other



existing organisations, initiatives, services and resources, including mentoring and/or coaching and/or counselling to support mental and/or physical and/or emotional health; **participation in additional activities and experiences** in line with the peaks of Education and/or Exercise and/or Environment to promote mental resilience in other settings, as well as a re-connection to yourself; the **dissemination of key findings** by supporting research into mental health and wellbeing. Through this work, The Pieman PT Foundation will contribute to the development of a shared mindset and culture within which individuals may feel capable and confident, as well having clarity, when seeking support around mental health and wellbeing concerns.

Achievements & Performance

The Pieman PT Foundation has taken several steps towards achieving its aims and carrying out its purposes for the public benefit this financial year. Its achievements and performance are detailed under the following headings.

Training:

Trustees have participated in a range of training to better equip them for their roles. This has included training in:

- Counselling Skills
- Information, Advice and Guidance
- Creating a Business Start-Up (including the development of a charity business plan)
- Mental Health First Aid England
- Suicide Prevention

We recognise the importance of continuous professional development and of the requirement of trustees to be appropriately trained for their roles, and for this training to be recorded and maintained up to date. Please see the 'Future Plans' section for further information on our future training plans.

Research and Development:

As the charity's aims and objectives include raising public awareness of and increasing public knowledge and understanding of common mental health and wellbeing issues and generating and disseminating educational materials and key mental health and wellbeing research findings, research will always be a key part of our work. During this past year the foundation has carried out research into the key areas of mental health and wellbeing, the structure, organisation and availability of mental health provision in the local area, suicide prevention strategies and initiatives (on both a national and regional level), grief, bereavement and loss.



This research will inform, guide and underpin the development of all resources generated by the foundation.

Fundraising:

In order to raise awareness of the need to take care of our own mental health and wellbeing and that of others, the prevalence of suicidality in our region, and to raise initial funds to support the charity's establishment, several fundraising campaigns were carried out. This year, around 15 young men cycled the Coast to Coast and two additional young men completed two half marathons. (Prior to the charity's registration in-memory funds were raised to support the setting-up of the organisation).

Marketing and Communications:

In terms of marketing and communications, the main focus of the charity in this first year has been on the design and development of a website that we hope will be ready to launch soon (summer of 2024). This will provide the charity with an online presence, a platform to share its purpose and aims, and a means to achieve its objectives. Regular communication has been maintained between the trustees and updates have been sent to the advisory committee.

Network:

Given that the charity's aims and objectives include supporting, signposting and promoting appropriate, aligned initiatives, further research has been carried out into other existing organisations, their mission, vision and values and networking conversations have taken place. This is necessary work to create and expand PMPT's network which will lead to increased public knowledge around these existing organisations, the work they do and the services they provide. Please see the 'Future Plans section for further information on how this will benefit the public.

3 Peaks Progress:

It is the charity's aim to make progress towards achieving some of the objectives set out under each peak of Education, Exercise and Environment each year. This year, the charity has begun to progress with the creation of its memorial bench network, which over time will support each peak to achieve its aims. The benches in the network serve multiple purposes; they are mental health makers designed to raise awareness of mental health and wellbeing issues; they are meeting places that can be used as conversation starters; they are shared spaces that can facilitate connection; and they will also be walking way makers on future routes around our



region. They also encourage the public to spend more time outdoors and to participate in exercise to support both mental and physical health.

Financial Review

The Pieman PT Foundation is a small, non-company CIO with a current annual income of under £25,000, therefore we do not have a reserves policy currently in place, nor are any of our funds materially in deficit, nor do we have any other debts. Neither the charity nor its trustees are custodian trustees.

As you can see from the copy of the accounts below, the total income for the financial year running from the charity's registration on 29th March 2022 to 6th April 2023 was £24,418. This was received in the form of a gift/legacy, in-memory funds and fundraising and donations. The only payments made by the charity in this financial year were for the value of £6,624 for the design and development of our website. The total of the remaining cash funds this year end was £17, 794, as is visible below.

Section A Receipts and payments

	Unrestrict ed funds to the nearest £	Restrict ed funds to the nearest £	Endowme nt funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Gifts/legacies	11,000	-	-	11,000	-
In-memory funds & Fundraising	12,138	-	-	12,138	-
Donations	1,280	-	-	1,280	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total(Gross income for AR)	24,418	-	-	24,418	-



A2 Asset and investment sales, (see table).

None	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-

Total receipts	24,418	-	-	24,418	-
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A3 Payments

Website design & development	6,624	-	-	6,624	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	6,624	-	-	6,624	-

A4 Asset and investment purchases, (see table)

None	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-

Total payments	6,624	-	-	6,624	-
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Net of receipts/(payments)	17,794	-	-	17,794	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	17,794	-	-	17,794	-

Future Plans

The Pieman PT Foundation is committed to continuing its work towards its charitable aims and purposes and is keen to make swift progress towards these throughout the following year. Please see further given detail under the headings below.

Structure, Governance and Management:

For the next financial year, The Pieman PT Foundation recognises a need to improve the efficiency of its operations and is thus planning to recruit at least one part-time member of staff to increase the efficiency of the progress being made towards the charity's aims and purposes. It also recognises a need to further formalise its governance and management through the development of more clearly defined roles and responsibilities for trustees and committee members. The charity is also planning to recruit a number of volunteers to support its work.

Training:

Given that one of the charity's 3 peaks of wellbeing is Education and coupled with its commitment to continuous professional development and the requirement for all trustees to be appropriately trained for their roles, PMPT will continue to ensure that any necessary training is undertaken by trustees or is at least planned to be undertaken within the next financial year. The foundation also hopes to expand this to its committee members in the future, as well as ensuring that any new staff or volunteers also undergo, or at least have planned to undergo, any necessary training fitting for the responsibilities of their roles.

Research and Development:

The foundation plans to continue with its research into mental health conditions and wellbeing issues and their origins, symptoms and consequences for its target demographic, and how to



better manage these in ourselves and others. It also hopes to build upon its current development plans, making them more robust, more clearly structured and timebound. PMPT is also considering the development of a 'focus group' approach to help further focus its efforts and make its work more targeted. It also plans to explore additional, and more formal, methods of recording and evidencing its impact and value.

Fundraising and Finance:

There are plans to undertake further fundraising activities that are likely to be linked to outdoor physical challenges to support the continuation of the charity's work, raise awareness of the prevalence of suicidality in members of our target demographic and to celebrate the benefits our external environment can have on our internal wellbeing. Furthermore, the charity plans to apply for several grant funding opportunities to enable more of its projects to be implemented.

Network:

The Pieman PT Foundation places much value on collaborative work and on championing existing, high-quality good work that is already being carried out in the areas of mental health and wellbeing, therefore we plan to increase our network by the end of the following financial year by attending events, training sessions, webinars, forums and conferences in our local area. In doing so, we will be better placed to disseminate up-to-date knowledge amongst our beneficiaries and signpost them to existing organisations, initiatives, services and resources available to them. We also aim to become members of existing appropriate networks, alliances and project groups working towards improving the mental health and wellbeing of the region, as well as increasing our potential for collaborative work going forward. We will support other aligned mental health and/or wellbeing initiatives from existing organisations, as well as joining appropriate mailing lists to receive newsletters, updates and signposting to support our work.

Thank you for reading The Pieman PT Foundation's Annual Report for the financial period 29/03/2022 - 06/04/2023. If you would like to discuss any element of this report, then please do not hesitate to contact us using the details provided on the Charity Commission's website.

Approved by The Pieman PT Foundation (CIO; Charity No. 1198415) on 12th February 2024 and signed on its behalf by Frances Boyd-Hill (trustee).

A handwritten signature in blue ink, appearing to read "F. Boyd-Hill", is written over a solid blue rectangular background.



Frances Boyd-Hill



CHARITY COMMISSION
FOR ENGLAND AND WALES

The Pieman PT Foundation

1198415

Receipts and payments accounts

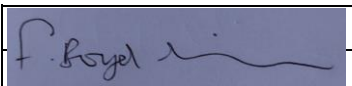
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For the period from	29/03/2022	To	06/04/2023
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Section A Receipts and payments

	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					
Gifts/legacies	11,000	-	-	11,000	-
In-memory Fundraising	12,138	-	-	12,138	-
Donations	1,280	-	-	1,280	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	24,418	-	-	24,418	-
A2 Asset and investment sales, (see table).					
None	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	24,418	-	-	24,418	-
A3 Payments					
Website design & development	6,624	-	-	6,624	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	6,624	-	-	6,624	-
A4 Asset and investment purchases. (see table)					
None	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	6,624	-	-	6,624	-
Net of receipts/(payments)	17,794	-	-	17,794	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	17,794	-	-	17,794	-

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	Gifts, fundraising & donations	17,794	-	-
		-	-	-
		-	-	-
	Total cash funds	17,794	-	-
	(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 £
	None	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
	None		-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
	None		-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
	None		-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
		Frances Boyd-Hill	02/12/2024	