

A PLATFORM TO TALK

England & Wales · Charity number 1199250

Details

Status Registered

Legal form CIO

Registered 2022-06-10

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

Contact

Address c/o SOURCE FOUR
The Old Granary
Aylesby
Grimsby
DN37 7AW

Phone 01472348440

Email aplatformtotalk@gmail.com

Activities

Objects: FOR THE PUBLIC BENEFIT, THE RELIEF OF THOSE IN NEED BY REASON OF ILL-MENTAL HEALTH, IN PARTICULAR, BUT NOT EXCLUSIVELY BY: A) THE PROVISION OF ON-LINE PEER SUPPORT GROUPS TO PROVIDE ADVICE, ASSISTANCE AND PROMOTE BEST PRACTICES IN THE FIELD OF MENTAL HEALTH AND WELFARE B) THE PROVISION OF ON-LINE AND PHYSICAL COMMUNITY EVENTS SUCH AS WALKS OR GROUP MEETINGS, WORKSHOPS AND PROVIDING RESOURCES TO ENABLE SUFFERERS TO FIND PROFESSIONAL, AFFORDABLE AND ACCESSIBLE HELP C) FUNDING THE DELIVERY OF MENTAL HEALTH 1ST AID WITHIN THE LOCAL COMMUNITY OF NORTHEAST LINCOLNSHIRE D) FUNDING FOR THE PROVISION OF MENTAL HEALTH COUNSELLING SUPPORT E) PROMOTING AWARENESS OF MENTAL HEALTH ISSUES

Activities: A Platform to Talk has a Facebook group. Users of the group are supported by trustees, counsellors and peers who use their own personal experiences to assist others. We organise community events such as walks, workshops and provide resources to enable sufferers to find professional, affordable and accessible help. We fund the delivery of one to one counselling sessions & MHFA England courses

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, Disability
- **Who:** The General Public/mankind

Geography

- North East Lincolnshire

Finances

Period end	Income	Expenditure	Assets	Employees
2025-06-06	-	-	-	-
2024-06-06	£16,770	£11,515	-	-
2023-06-06	£30,488	£11,512	-	-

Trustees

Name	Role	Appointed
David Andrew Jackson		2022-06-10
Lydia Theresa Lilian Gibbs		2022-06-10
Robert Paul Pritchard		2022-06-10

A PLATFORM TO TALK

England & Wales - Charity number 1199250

Accounts

**A PLATFORM TO TALK
FINANCIAL STATEMENTS**

**FOR THE YEAR ENDED
31 MAY 2024**

**REGISTERED CHARITY NO 1199250
REGISTERED CIO NO CE29378**

A PLATFORM TO TALK

FINANCIAL STATEMENTS

FOR THE YEAR ENDED

31 MAY 2024

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**A
PLATFORM
TO
TALK**

**TRUSTEES'
ANNUAL
REPORT**

1 May 2023 to 31 May 2024

Providing support to people in need to improve personal wellbeing and mental health through peer support and community outreach.



ABOUT A PLATFORM TO TALK

Registered Charity Number **1199250**

Charity's Principal Address

c/o Source Four,
The Old Granary
Aylesby
GRIMSBY
DN37 7AW

Trustees	Office	From	To
Robert Prichard	Trustee	10 June 2022	Present
Lydia Gibbs	Trustee	10 June 2022	Present
David Jackson	Trustee	10 June 2022	Present



STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

Constitution

How the Charity is constituted

CIO - Foundation

Trustee selection method.

The Secretary and Treasurer are appointed annually at the AGM.

Trustees are appointed or re appointed at the AGM in April and serve for 2 years.

Objectives and activities

A Platform to Talk exists for the public benefit, focusing on the relief of those in need due to ill-mental health, by:

1. Providing online peer support groups to offer advice, assistance and promote best practices in mental health and welfare
2. Organising online and physical community events such as walks, group meetings and workshops
3. Providing resources to help sufferers find professional, affordable and accessible support
4. Funding the delivery of Mental Health First Aid within the local community of Northeast Lincolnshire
5. Funding the provision of mental health counselling support
6. Promoting awareness of mental health issues

A Platform to Talk maintains an active Facebook group where members receive support from trustees, counsellors and peers who draw on their personal experiences to assist others. We regularly organise community events including walks and workshops, and provide resources to connect those in need with professional, affordable and accessible help. The charity funds one-to-one counselling sessions and Mental Health First Aid England courses for community members.

In planning our activities throughout the year, we have kept the Charity Commission's guidance on public benefit at the forefront of all our trustee meetings.



ACHIEVEMENTS AND PERFORMANCE

(June 2023 - May 2024)

- Grew to nearly 1,200 members
- Provided over 200 one-to-one counselling sessions for community members
- Funded 10 members to become England Mental Health First Aiders
- Jack Darnell completed a fundraising challenge of running 10K daily throughout January, raising £3,624
- Organised the Phil Merrison Memorial bike ride with over 60 cyclists
- Held a Summer Head Torch run from Utterby Village Hall
- Offered free Pilates classes to members
- Supported the 20th anniversary Parkrun in Cleethorpes Country Park
- Provided 18 members to marshal for the Grimsby Orsted 10K
- Arranged a visit to Queen Mary Ave allotments
- Organised a group run with Jack Darnell to the Blue Tree in Weelsby Woods
- Continued free Wellbeing Workshops at The Canopy Community Hub in Grant Thorold Park
- Delivered Mental Health workshops to staff at Knauf factory in Immingham
- Held a Mental Health Awareness Day for Apprentices at Catch in Stallingborough
- Donated 20 free places for Grimsby 10K
- Provided free tickets to Grimsby Town and Grimsby Borough football matches
- Donated to The House with a Blue Door for art sessions
- Contributed to Cudox for young persons' one-to-one counselling sessions
- Successfully obtained a major grant from the Myenergi Community Fund
- Received funding from Orsted East Coast Community Fund and Ongo Community Fund
- Obtained donations from the Habrough League of Gentlemen
- Received support from the Humber Head Torchers through weekly donations and a Christmas raffle
- Gained sponsorship from Cleethorpes Triathlon Club, Grimsby Borough Football team, Tape2tape, Caistor Running Club, and Barry & Carol Merrison

The organisation continued its mission of supporting mental health in the community with expanded reach and programming during this period.



FINANCIAL REVIEW

Cash at bank as at **31 May 24** was **£24k** in unrestricted funds, **(2023: 18,976)**.

Donations in the year amounted to **£16,770**.

The charity spent **£7,620 on counselling sessions** for users, and **£2,933 on workshops and activities** to provide ongoing support for members.

DECLARATION

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

Signed on behalf of the charity's trustees.

Signature



Full Name **Robert Prichard**

Position **Trustee**

Date **26th March 2025**



Receipts and payments accounts

For the period from	01/06/2023	To	31/05/2024
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Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Donations	16,770	-	-	16,770	30,488
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	16,770	-	-	16,770	30,488
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	16,770	-	-	16,770	30,488
A3 Payments					
Counselling - Adults	5,120	-	-	5,120	4,380
Counselling - Children	2,500	-	-	2,500	4,000
Training & Wellbeing Workshops:		-	-		-
- workshop delivery costs	2,128	-	-	2,128	1,323
- room hire & refreshments	805	-	-	805	918
Marketing & Promotion	859	-	-	859	455
Donations - Art Workshops		-	-		400
Insurance	91	-	-	91	
Printing & Stationery	12	-	-	12	
Trustees meeting expenses		-	-		36
	-	-	-	-	-
Sub total	11,515	-	-	11,515	11,512
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	11,515	-	-	11,515	11,512
Net of receipts/(payments)	5,255	-	-	5,255	18,976
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	18,976	-	-	18,976	-
Cash funds this year end	24,231	-	-	24,231	18,976

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	Bank account	24,231	-	18,976
		-	-	-
		-	-	-
	Total cash funds	24,231	-	18,976
	(agree balances with receipts and payments account(s))	OK	OK	Agreement Error

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities				
			-	
			-	

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

Signature	Print Name	Date of approval
<i>Robert Pritchard</i>	Robert Pritchard	28/03/2025
signed on 28/03/2025, 13:48:30 GMT		

A PLATFORM TO TALK

England & Wales - Charity number 1199250

Accounts

**A PLATFORM TO TALK
FINANCIAL STATEMENTS**

**FOR THE YEAR ENDED
31 MAY 2023**

**REGISTERED CHARITY NO 1199250
REGISTERED CIO NO CE29378**

A PLATFORM TO TALK

FINANCIAL STATEMENTS

FOR THE YEAR ENDED

31 MAY 2023

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Charity's Principal Address

c/o Source Four,
The Old Granary
Aylesby
GRIMSBY
DN37 7AW

Trustees	Office	From	To
Robert Prichard	Trustee	10 June 2022	Present
Lydia Gibbs	Trustee	10 June 2022	Present
David Jackson	Trustee	10 June 2022	Present
Karen Valentine	Trustee	10 June 2022	March 2023



STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

Constitution

How the Charity is constituted

CIO - Foundation

Trustee selection method.

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Trustees are appointed or re appointed at the AGM in April and serve for 2 years.

Objectives and activities

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1. Providing online peer support groups to offer advice, assistance and promote best practices in mental health and welfare
2. Organising online and physical community events such as walks, group meetings and workshops
3. Providing resources to help sufferers find professional, affordable and accessible support
4. Funding the delivery of Mental Health First Aid within the local community of Northeast Lincolnshire
5. Funding the provision of mental health counselling support
6. Promoting awareness of mental health issues

A Platform to Talk maintains an active Facebook group where members receive support from trustees, counsellors and peers who draw on their personal experiences to assist others. We regularly organise community events including walks and workshops, and provide resources to connect those in need with professional, affordable and accessible help. The charity funds one-to-one counselling sessions and Mental Health First Aid England courses for community members.

In planning our activities throughout the year, we have kept the Charity Commission's guidance on public benefit at the forefront of all our trustee meetings.



ACHIEVEMENTS AND PERFORMANCE

(June 2022 - May 2023)

- Grew membership to over 1,100 members
- Funded over 250 one-to-one counselling sessions for adults in the local community
- Expanded services to include funding counselling sessions for children/young persons
- Continued the mental health wellbeing workshop programme and extended it to the wider community at The Canopy Community Hub on Durban Road in the East Marsh of Grimsby
- Organised 7 free Mental Health wellbeing workshops attended by over 60 people
- Funded 5 members to become England Mental Health First Aiders
- Provided 20 free places for Grimsby 10K
- Donated two benches to members, hand-built by students at the Grimsby Institute
- Provided free tickets to Grimsby Borough and Grimsby Town football matches
- Donated to The House with a Blue Door to provide art sessions to the community and local schools
- Sponsored children's books by Katie Hopper for donation to local organisations working with children
- Organised the Buck Beck sunrise Walk
- Conducted Head Torch run to the Blue Tree in Weelsby Woods
- Arranged Green Futures volunteering evening & supper
- Offered free Yoga classes to members
- Provided free Hypnotherapy sessions
- Organised the Phil Merrison Memorial bike ride, attended by over 80 cyclists
- Promoted APTT at the CleeW festival
- Arranged for Grimsby Borough football team and the Grimsby Corinthians walking football team to display the APTT logo on their shirts
- Was nominated for the Mayor's award in the Grimsby civic awards
- Successfully secured funding from multiple sources including the Habrough League of Gentlemen, Orsted East Coast Community Fund, and various community organisations



FINANCIAL REVIEW

Cash at bank as at **31 May 23 was £19k** in unrestricted funds, (first year).

Donations in the year included **£16,301** when the charity was formed from amounts raised prior to the charity being formed.

Further donations in the year amounted to **£14,187**.

The charity spent **£8,380** on counselling sessions for users, and **£2,241** on workshops and activities to provide ongoing support for members.

DECLARATION

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

Signed on behalf of the charity's trustees.

Signature



Full Name **Robert Prichard**

Position **Trustee**

Date **24th February 2025**

Independent Examiner's Report to the Trustees of A Platform to Talk

I report to the trustees on my examination of the accounts of A Platform to Talk for the year ended 31 May 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 all 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 giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed: 
signed on 28/02/2025, 13:40:52 GMT

AG Smith FCCA

AG Smith & Co
Unit 8, Laceby Business Park
Grimsby Road
Laceby
Grimsby
DN37 7DP

Date: 28/02/2025



CHARITY COMMISSION
FOR ENGLAND AND WALES

A Platform to Talk

1199250

Receipts and payments accounts

CC16a

For the period
from

01/06/2022

To

31/05/2023

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
	-	-	-	-	-
Donations	30,488	-	-	30,488	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	30,488	-	-	30,488	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	30,488	-	-	30,488	-
A3 Payments					
Counselling - Adults	4,380	-	-	4,380	-
Counselling - Children	4,000	-	-	4,000	-
Training & Wellbeing Workshops:	-	-	-	-	-
- workshop delivery costs	1,323	-	-	1,323	-
- room hire & refreshments	918	-	-	918	-
Marketing:	455	-	-	455	-
Donations made	400	-	-	400	-
Trustees meeting expenses	36	-	-	36	-
	-	-	-	-	-
Sub total	11,512	-	-	11,512	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	11,512	-	-	11,512	-
Net of receipts/(payments)	18,976	-	-	18,976	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	18,976	-	-	18,976	-

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	Bank account	18,976	-	-
		-	-	-
		-	-	-
	Total cash funds	18,976	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	Accountancy	Unrestricted	540	
	Independent examination fee	Unrestricted	500	
			-	
			-	
			-	

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

Signature

Print Name

Date of approval



Robert Pritchard 28/02/2025

signed on 28/02/2025, 13:26:13 GMT