

**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**

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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

<b>Trustees</b>	<b>Office</b>	<b>From</b>	<b>To</b>
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**





CHARITY COMMISSION  
FOR ENGLAND AND WALES

A Platform to Talk

1199250

## Receipts and payments accounts

CC16a

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 £
<b>A1 Receipts</b>					
	-	-	-	-	-
Donations	16,770	-	-	16,770	30,488
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	16,770	-	-	16,770	30,488
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total receipts</b>	16,770	-	-	16,770	30,488
<b>A3 Payments</b>					
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
	-	-	-	-	-
<b>Sub total</b>	11,515	-	-	11,515	11,512
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total payments</b>	11,515	-	-	11,515	11,512
<b>Net of receipts/(payments)</b>	5,255	-	-	5,255	18,976
<b>A5 Transfers between funds</b>	-	-	-	-	-
<b>A6 Cash funds last year end</b>	18,976	-	-	18,976	-
<b>Cash funds this year end</b>	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 £
<b>B1 Cash funds</b>	Bank account	24,231	-	18,976
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>24,231</b>	<b>-</b>	<b>18,976</b>
	(agree balances with receipts and payments account(s))	OK	OK	Agreement Error

	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>			-	-
			-	-
			-	-
			-	-
			-	-

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

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>				
			-	
			-	

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		