

# REACH OUT FOR MENTAL HEALTH CIO

England & Wales · Charity number 1199647

## Details

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Other names	REACH OUT FOR MENTAL HEALTH CIC, REACH OUT FOR MENTAL HEALTH
Status	Registered
Legal form	CIO
Registered	2022-07-14
Register	<a href="#">View on the Charity Commission register</a>

## Contact

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**Address** Atholl House  
65a Duke Street  
Chelmsford  
Essex  
CM1 1HL

**Phone** 07898220384

**Email** [info@reachoutfmh.co.uk](mailto:info@reachoutfmh.co.uk)

**Website** [www.reachoutfmh.co.uk](http://www.reachoutfmh.co.uk)

## Activities

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**Objects:** TO RELIEVE PERSONS IN NEED DUE TO SUFFERING FROM SUICIDAL TENDENCIES OR MENTAL ILLNESS, IN PARTICULAR IN ESSEX, THURROCK AND SOUTHEND THROUGH THE PROVISION OF GUIDANCE AND SUPPORT BY FULLY TRAINED VOLUNTEERS.

**Activities:** We offer free counselling sessions via trainee counsellors to adults living in Essex who are experiencing suicidal thoughts. This can be offered face to face, over the phone or via Zoom. We are currently offering befriending and coaching via volunteers but this may finish in 2023 due to a lack of volunteers. We offer peer support coffee afternoons, currently in Thurrock, Southend and Maldon.

## Classification

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- **How:** Provides Services
- **What:** The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** The General Public/mankind

## Geography

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- Essex
- Southend-on-sea
- Thurrock

## Finances

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Period end	Income	Expenditure	Assets	Employees
2025-07-31	£177,605	£197,256	-	-
2024-07-31	£149,825	£141,252	-	-
2023-07-31	£155,324	£80,287	-	-

## Trustees

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Name	Role	Appointed
Charlie Patterson		2023-12-18
Elizabeth Anne McCaig		2025-06-30
Eranga Arnold Seneviratne		2025-08-28
Frederick William Hillinger		2023-06-08
Lucy Howchen		2025-09-29

**REACH OUT FOR MENTAL HEALTH CIO**

England & Wales - Charity number 1199647

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# Accounts

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# Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	Day 01	Month August	Year 2024		Day 31	Month July	Year 2025

## Section A Reference and administration details

**Charity name**

**Other names charity is known by**

**Registered charity number (if any)**

**Charity's principal address**

Athol House	
65a Duke Street, Chelmsford	
Essex	
<b>Postcode</b>	CM1 1HL

### 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	Thandekile Juliana Kawenga	Chair person		Kirsty Eaton
2	Frederick Hillinger			Kirsty Eaton
3	Eranga Seneviratne		28.08.2025 started	Kirsty Eaton
4	Liz McCaig	Treasurer	30.06.2025 started	Kirsty Eaton
5	Lucy Howchen		29.09.20.25 started	Juliana T Kawenga
6	Charlie Patterson			Kirsty Eaton
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### Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

**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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**Section B Structure, governance and management**

**Description of the charity’s trusts**

Type of governing document <i>(eg. trust deed, constitution)</i>	Constitution
How the charity is constituted <i>(eg. trust, association, company)</i>	CIO
Trustee selection methods <i>(eg. appointed by, elected by)</i>	We advertise widely through advertisement platforms such as Indeed and Charity job boards and Reach Volunteering. Our CEO will speak to any candidates initially and then ask for a Trustee to interview the potential Trustee alongside her. It will then go to a vote to the rest of the Board.

**Additional governance issues (Optional information)**

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity’s organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees’ consideration of major risks and the system and procedures to manage them.

Reach Out for Mental Health exercises a typical centralised, hierarchical organisational structure. Our organisational structure is small but efficient. We have a board of Trustees which manage and work alongside the CEO.

We don’t have any relationships with any related parties.

One conflict of interest was declared in relation to the Chair of Trustees, Juliana Kawenga, who was proposed for a paid position within the Charity as Consultant Clinical Head of Service. In accordance with the Charity’s governance procedures, the Board convened separately, without the Chair present, to review the proposal and formally vote on whether to approve Ms Kawenga undertaking the role.

No further conflicts of interest have been declared to either the Chief Executive Officer or the Board of Trustees.

Our risks are identified, monitored and managed through our risk register, which can be discussed with potential donors, funders and partnering organisations.

**Summary of the objects of the charity set out in its governing document**

The founding aims and objectives are to reduce the number of attempted and completed suicides in Essex through the delivery of free counselling, befriending and other welfare-related services to adults living in Essex.

**Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)**

Over the reporting period, Reach Out for Mental Health has continued to provide vital support to adults experiencing suicidal thoughts and complex mental health challenges through accessible, non-judgemental, and relationship-centred interventions.

Feedback from those we support consistently highlights the importance of our human, compassionate approach, offering time, connection, and understanding at moments when individuals feel most alone. This relational model remains a core strength of the charity and continues to bridge a critical gap for people who may not meet thresholds for statutory services yet are at heightened risk without timely support.

Our evaluation data demonstrates clear, measurable impact and meaningful improvements in individual wellbeing:

- The majority of individuals report reductions in distress, increased emotional stability, and improved ability to manage day-to-day challenges following engagement with the service.
- Many individuals report feeling more able to reach out for support in the future, demonstrating strengthened coping strategies and reduced stigma around discussing suicidal thoughts.

These outcomes highlight not only improvements in wellbeing, but also increased self-awareness and help-seeking behaviour, both key protective factors in suicide prevention.

By continuing to be a placement provider and offering free counselling, the charity can continue delivering potentially life-saving support to individuals living with suicidal thoughts, while simultaneously strengthening the sustainability of our model.

Working collaboratively with local training providers of Level 4 and above student counsellors who are required to complete clinical placement hours as part of their qualification; enables us to increase service capacity, reduce waiting times, and offer more consistent support to those in distress.

This approach not only enhances the reach and reliability of our service but also contributes to the development of the future counselling workforce. Students benefit from high-quality, real world experience in a specialist suicide-prevention setting, while the charity benefits from additional therapeutic resource grounded in contemporary training and evidence-based practice. Ultimately, this model allows us to maintain a

compassionate, relational service that meets people at their most vulnerable moments and provides the emotional safety and connection that can prevent escalation to crisis

PIAS: The service provides regular support to approximately 10–15 individuals each week, alongside a further 2–4 one-off contacts through telephone calls or walk-ins. Support is delivered flexibly through face-to-face sessions, telephone calls, WhatsApp messaging, and community outreach, ensuring accessibility for people in varying levels of distress. The service operates for 13 hours per week and, where clinically appropriate, offers ongoing support over several weeks to individuals whose mental health needs require sustained engagement.

We also respond to unplanned presentations, including individuals arriving in acute emotional crisis. In these instances, staff provide immediate de-escalation, emotional support, and onward signposting to specialist agencies when required. The service works with adults aged 18 and over, including some affected by addiction, provided they are able to engage coherently and safely during their sessions.

This flexible, person-centred model enables the charity to meet people at their point of need, offering timely, compassionate support that can prevent escalation to crisis services.

**Additional details of objectives and activities (Optional information)**

Befriending

Coffee groups

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

**Summary of the main achievements of the charity during the year**

**Key outcomes:**

- **60%** of individuals reported a reduction in suicidal thoughts
- **69%** felt more able to ask for help when needed
- **75%** developed a better understanding of their mental health and early warning signs
- **94%** felt treated with dignity and respect
- **94%** would recommend the service to others
- **75%** said they achieved what they hoped to through support

These outcomes highlight not only improvements in immediate wellbeing, but also increased self-awareness and help-seeking behaviour, both key protective factors in suicide prevention.

A consistent theme across all evaluations was the importance of having a safe, confidential space to talk openly without fear of judgement.

For many, this was the first time they had been able to:

- speak honestly about suicidal thoughts
- feel heard and understood
- process complex emotions in a safe environment

Participants described the service as:

- helping them cope during periods of crisis
- reducing isolation and loneliness
- providing stability during difficult periods
- supporting them to “make sense” of their thoughts and experiences

For some individuals, the impact was immediate and life-preserving, with support described as helping them to stay safe and manage overwhelming feelings.

Beyond immediate emotional support, the service helped individuals to:

- recognise early signs of declining mental health
- develop coping strategies

- build confidence in reaching out for help

Even where suicidal thoughts had not reduced, individuals often reported increased understanding of their mental health and a greater sense of control — an important step in long-term recovery.

## Section E

## Financial review

### Brief statement of the charity's policy on reserves

The Charity aims to have a minimum of three months running costs (including salaries) in reserves. The Board and the CEO will maintain this wherever possible.

### Details of any funds materially in deficit

### Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

The charity receives funding from various sources, including the NHS, the National Lottery, and other funders as well as individual fundraising and donations.

We also engage in fundraising activities such as cake sales and other events. Regardless of the source, we ensure that all of our funding comes from organisations and individuals that uphold the highest ethical standards.

The funds we receive are used to support the charity's key objectives, such as providing essential services, raising awareness, and advocating for our cause.

## Section F

## Other optional information

## Section G

## Declaration

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

Signed on behalf of the charity's trustees

Signature(s) T. Kawenga

Full name(s) Juliana Thandekile Kawenga

Position (eg Secretary, Chair, etc) Chair

Date 13.05.2026



## Receipts and payments accounts

For the period from	Period start date 01-Aug-24	To	Period end date 31-Jul-25
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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 £
<b>A1 Receipts</b>					
Co-Operative				-	2,301
Positive Energy				-	8,500
Donations				-	2,030
Essex Community Foundation		9,660		9,660	21,000
National Lottery		102,865		102,865	95,492
Voluntary Sector Development Fund (2)				-	57
Colchester Borough Council		20,000		20,000	20,000
ASDA				-	400
C360 Bursary - Thurrock				-	45
ECF (Mid & South Essex)		13,000		13,000	-
Donations	7,031			7,031	-
Other	50			50	-
Teland Ltd		25,000		25,000	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>7,081</b>	<b>170,525</b>	<b>-</b>	<b>177,605</b>	<b>149,825</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>7,081</b>	<b>170,525</b>	<b>-</b>	<b>177,605</b>	<b>149,825</b>
<b>A3 Payments</b>					
Room Hire and Rates	924	19,092	-	20,016	12,165
Heat, Light and Power		-	-	-	480
Travelling Expenses	68	5,660	-	5,728	4,752
Printing and Stationery	196	124	-	319	253
Telephone and Computer charges	371	2,979	-	3,351	2,953
Equipment and Rental	-	-	-	-	-
Maintenance	220	67	-	287	3,141
General Expenses and Marketing	852	3,631	-	4,482	8,385
Bank Charges and Interest	-	17	-	17	11
Gross Wages	-	133,760	-	133,760	97,353
Professional Fees	169	29,127	-	29,296	11,759
<b>Sub total</b>	<b>2,800</b>	<b>194,457</b>	<b>-</b>	<b>197,256</b>	<b>141,252</b>
<b>A4 Asset and investment purchases. (see table)</b>					
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>2,800</b>	<b>194,457</b>	<b>-</b>	<b>197,256</b>	<b>141,252</b>
<b>Net of receipts/(payments)</b>	<b>4,281</b>	<b>- 23,932</b>	<b>-</b>	<b>- 19,651</b>	<b>8,573</b>
<b>A5 Transfers between funds</b>	<b>7,862</b>	<b>- 7,142</b>	<b>-</b>	<b>720</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>9,260</b>	<b>78,241</b>	<b>-</b>	<b>87,501</b>	<b>79,648</b>
<b>Cash funds this year end</b>	<b>21,403</b>	<b>47,167</b>	<b>-</b>	<b>68,570</b>	<b>88,221</b>

## 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 & Cash	16,220	54,309	-
	Debtors	-		-
		-	-	-
	<b>Total cash funds</b>	<b>16,220</b>	<b>54,309</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	Agreement Error	Agreement Error	OK

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

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

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

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>	Creditors	Unrestricted	1,958	
			-	
			-	
			-	
			-	

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

Signature	Print Name	Date of approval



**Section A**

**Independent Examiner's Report**

**Report to the trustees/  
members of**

Reach Out For Mental Health CIO

**On accounts for the year  
ended**

July 2025

**Charity no  
(if any)**

**Set out on pages**

1

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended

**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 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 (other than that disclosed below \*) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which 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:**

May 11<sup>th</sup> 2026

**Name:**

John Woodrow

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

**Address:**

9 Five Acres, Danbury

Chelmsford

Essex CM3 4NB

**REACH OUT FOR MENTAL HEALTH CIO**

England & Wales - Charity number 1199647

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# Accounts

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# Trustees' Annual Report for the period

<b>From</b>	Period start date			<b>To</b>	Period end date		
	01	08	2023		31	July	2024

## Section A Reference and administration details

**Charity name**

**Other names charity is known by**

**Registered charity number (if any)**

**Charity's principal address**

Atholl House	
65A Duke Street, Chelmsford, Essex	
<b>Postcode</b>	<b>CM1 1HL</b>

### 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	Thandekile Juliana Kawenga			Thandekile Juliana Kawenga
2	Frederick Hillinger			Frederick Hillinger
3	Charlie Patterson			Charlie Patterson
4	Joanne Remo			Kirsty Eaton
5	Hollie White			
6	Rebekah Jones		2 <sup>nd</sup> July 2024-5 <sup>th</sup> Dec 2024	
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### Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year
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**Names and addresses of advisers (Optional information)**

Type of adviser	Name	Address

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

Kirsty Eaton – Chief Executive Officer

**Section B Structure, governance and management**

**Description of the charity’s trusts**

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	CIO
Trustee selection methods (eg. appointed by, elected by)	We advertise widely through advertisement platforms such as Reach, TPP Recruitment and Charity job boards. Our CEO will speak to any candidates initially and then ask for a Trustee to interview the potential Trustee alongside her. It will then go to a vote to the rest of the Board.

**Additional governance issues (Optional information)**

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity’s organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees’ consideration of major risks and the system and procedures to manage them.

We have a Trustee handbook which is available at request, along with other applicable trustee's policies and guidance documents.

Trustees are encouraged to complete online training delivered through ICAEW. The training covers Legal and Financial responsibilities, Risk management and Board dynamics.

Reach Out for Mental Health exercises a typical centralised, hierarchical organisational structure. Our organisational structure is small but efficient. We have a board of Trustees which manage and work alongside the CEO. BoT meetings with CEO are conducted every 8 weeks and we have a mechanism built in to report operational structures to the board. We have a strong relationship with all operational structures within the charity.

We don't have any relationships with any related parties. No conflicts of interests have been declared to either the CEO or Board.

Our risks are identified, monitored and managed through our risk register, which can be discussed with potential donors, funders and partnering organisations.

**Summary of the objects of the charity set out in its governing document**

The founding aims and objectives are to reduce the number of attempted and completed suicides in Essex through the delivery of free counselling and other welfare-related services to adults living in Essex.

**Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)**

\*Towards the end of 2023, our service encountered significant challenges regarding the perceived scope of practice for student counsellors in addressing suicide risk and complex mental health conditions. This raised considerable concerns about the continuation of our vital services. In response, we undertook a comprehensive review and enhancement of our operational framework. This involved in-depth consultations with leading practitioners, including Professor Andrew Reeves, practitioners from James' Place and Maytree, and Dr. Chloe Beale. Through these collaborations, we implemented targeted training initiatives. These strengthened measures were designed to equip our student counsellors with the necessary skills and knowledge to effectively support clients presenting with a range of complex needs.

We are highly encouraged by the positive feedback received from students, who have expressed the profound gratitude of their clients for the inclusive support provided – support that may not have been accessible elsewhere. Furthermore, students consistently report that their placement experience is both intellectually stimulating and professionally developmental, offering a level of engagement often exceeding that of other placement opportunities.

ROFMH is pursuing CPD accreditation for our enhanced training program with the aim of extending its availability to student counsellors across the UK. This strategic initiative has the potential to contribute to a broader shift in attitudes, perceptions, and the reduction of discriminatory practices in the provision of mental health support for this client group.

\*In June 2024, our counselling service's capacity and reach increased by 125% due to the strategic addition of a Student Counsellor Coordinator role. This enhancement has allowed us to serve a greater number of clients and expand the scope of our services.

\* PIAS has strategically expanded its service provision and delivery model to better meet identified community needs. Initially established as an out-of-hours crisis service operating one evening per week, PIAS conducted community listening exercises that revealed a demand for daytime support to potentially prevent evening crises. This feedback informed the development of an outreach service to address accessibility barriers for individuals unable to attend the Harwich drop-in crisis café, enabling the provision of face-to-face support within their own homes. Consequently, PIAS has increased its operational hours from three hours per week to twelve. Further expansion of service accessibility is anticipated in the coming weeks with the launch of a live chat facility.

\* Throughout the spring and summer, ROFMH conducted several informal football sessions aimed at fostering peer support and open dialogue among men regarding their experiences with life's challenges and coping mechanisms. These initiatives provided a relaxed environment for physical activity and facilitated conversations around

men's mental well-being. The program culminated in a significant football event in September 2024, at Stanway Rovers, featuring a match between the ROFMH team and Celeb FC. Over the course of the informal sessions and the culminating event, a total of 15 men received support and engagement through this initiative.

**Additional details of objectives and activities (Optional information)**

We do not have policies relating to grant making or investment.

Our volunteers and paid staff have committed to deliver support to adults struggling in Essex:

Befriending numbers- 41

Counselling clients- 352

Coffee group participants- 178

Port in a Storm service (PIAS) 1040

See below some testimonials from clients regarding the lifesaving support they have received.

**Kim" 26 years old**

First accessed services last July when she attended weekly. She was very depressed and although hadn't attempted suicide was having dark thoughts and couldn't see a way to improve her world. She has a job which puts a lot of pressure and stress on her but she loves it. Her home life was hard for her as she was still at home with parents. She felt she couldn't talk to anyone close to her and had tried to get appointment with her GP and counselling services but gave up due to the wait. After week 5 of access session with Debbie she said she felt "lighter" and could see there was good out there. Kim struggles with regulating emotions but also has now realised the importance of talking. Kim still accesses the service but has slowly reduced down to approximately every 3 weeks. She now has confidence and is saving to move out.

**"Andrew" 40 years old**

First accessed the service in February. Initially attending weekly. Relationship had broken down and he wasn't having contact with children. He also was coping with grief as lost his father 2 years ago and hadn't dealt with it as his marital issues had taken over. Andrew has addressed he needed to talk about the loss of his dad. He also understands he has anger around this too. He is now talking well about his feelings and frustrations. He is engaging well and feels his "headspace" is clearer. He speaks with Aga fortnightly now.

**"Donna" 45 years**

First accessed the service in July. She had left her job due to her mental health. She was struggling with her daughter (late teens) and anger issues. She felt alone and helpless and although she wouldn't go through with it because of her daughter she "just didn't want to be here". Each week Connie listened and let her talk. Donna said it was the first time in ages she "felt heard". As Donna gained confidence her relationship with her daughter improved. She now has counselling sessions but on her last session she said the service "had literally saved her life".

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

**Summary of the main achievements of the charity during the year**

See above

## Section E

## Financial review

### Brief statement of the charity's policy on reserves

The Charity currently has a minimum of three months running costs (including salaries) in reserves. The Board and the CEO will maintain this wherever possible.

### Details of any funds materially in deficit

N/A

### Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

The charity receives funding from various sources, including the National Lottery, and other local funders as well as individual fundraising and donations.

We also engage in community fundraising activities such as football games, cake sales and other events. Regardless of the source, we ensure that all our funding comes from organisations and individuals that uphold the highest ethical standards.

The funds we receive are used to support the charity's key objectives, such as providing essential services, raising awareness, and advocating for our cause.

## Section F

## Other optional information

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## Section G

## Declaration

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

Signed on behalf of the charity's trustees

Signature(s)	<i>T. Kawenga</i>	
Full name(s)	Thandekile Juliana Kawenga	
Position (eg Secretary, Chair, etc)	Chair	

**Date**



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Charity Name  
Reach Out For Mental Health CIO

No (if any)  
1199647

CC16a

## Receipts and payments accounts

For the period from	Period start date 1-Aug-23	To	Period end date 31-Jul-24
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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 £
<b>A1 Receipts</b>					
Co-Operative	2,301	-	-	2,301	-
Positive Energy	8,500	-	-	8,500	-
Donations	2,030	-	-	2,030	4,135
Essex Community Foundation	-	21,000	-	21,000	11,918
National Lottery	-	95,492	-	95,492	64,580
Voluntary Sector Development Fund (2)	-	57	-	57	10,413
Awards for All	-	-	-	-	969
Colchester Borough Council	-	20,000	-	20,000	18,900
PWC LLP	-	-	-	-	2,241
180 Consulting	-	-	-	-	1,200
Andrew Blakey	-	-	-	-	4,023
ASDA	-	400	-	400	1,010
C360 Bursary - Thurrock	-	45	-	45	1,500
Health Education	-	-	-	-	3,485
Colchester Catalyst	-	-	-	-	15,000
NHS - Mid & South Essex	-	-	-	-	15,000
Thurrock Lifestyle Solutions CIC	-	-	-	-	950
<b>Sub total (Gross income for AR)</b>	<b>12,831</b>	<b>136,994</b>	<b>-</b>	<b>149,825</b>	<b>155,324</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>12,831</b>	<b>136,994</b>	<b>-</b>	<b>149,825</b>	<b>155,324</b>
<b>A3 Payments</b>					
Room Hire and Rates	1,208	10,957	-	12,165	2,417
Heat, Light and Power	480	-	-	480	3,094
Travelling Expenses	61	4,691	-	4,752	3,094
Printing and Stationery	142	111	-	253	301
Telephone and Computer charges	174	2,779	-	2,953	5,194
Equipment and Rental	-	-	-	-	-
Maintenance	3,141	-	-	3,141	9
General Expenses and Marketing	3,609	4,776	-	8,385	5,844
Bank Charges and Interest	-	11	-	11	3
Gross Wages	-	97,353	-	97,353	55,809
Professional Fees	1,249	10,510	-	11,759	7,615
<b>Sub total</b>	<b>10,064</b>	<b>131,188</b>	<b>-</b>	<b>141,252</b>	<b>83,381</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>10,064</b>	<b>131,188</b>	<b>-</b>	<b>141,252</b>	<b>83,381</b>
<b>Net of receipts/(payments)</b>	<b>2,767</b>	<b>5,806</b>	<b>-</b>	<b>8,573</b>	<b>71,943</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>2,530</b>	<b>72,507</b>	<b>-</b>	<b>75,037</b>	<b>-</b>
<b>Cash funds this year end</b>	<b>5,297</b>	<b>78,313</b>	<b>-</b>	<b>83,610</b>	<b>71,943</b>

## 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 & Cash	5,297	59,889	-
	Debtors	-	24,100	-
		-	-	-
	<b>Total cash funds</b>	<b>5,297</b>	<b>83,989</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	Agreement Error	OK
<b>B2 Other monetary assets</b>	<b>Details</b>	to nearest £	to nearest £	to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>	<b>Details</b>	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
<b>B4 Assets retained for the charity's own use</b>	<b>Details</b>	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B5 Liabilities</b>	<b>Details</b>	Fund to which liability relates	Amount due (optional)	When due (optional)
	Creditors	Unrestricted		
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name		Date of approval



**Section A Independent Examiner's Report**

**Report to the trustees**

**On accounts for the year ended**  **Charity no (if any)**

**Set out on pages**   
(If necessary, to include the page numbers of additional sheets)

**Responsibilities and basis of report**

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended

As the charity's trustees, 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 which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

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.

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

**Signed:**  **Date:**

**Name:**

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

**Address:**

**REACH OUT FOR MENTAL HEALTH CIO**

England & Wales - Charity number 1199647

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# Accounts

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# Trustees' Annual Report for the period

<b>From</b>	Period start date			<b>To</b>	Period end date		
	Day 14th	Month July	Year 2022		Day 31st	Month July	Year 2023

## Section A Reference and administration details

**Charity name**

Reach Out for Mental Health

**Other names charity is known by**

**Registered charity number (if any)**

1199647

**Charity's principal address**

Athol House

65a Duke Street, Chelmsford, Essex

**Postcode** CM1 1HL

### 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	Caron Sanders-Crook			Kirsty Eaton
2	Joanne Remo			Thandekile Kawenga
3	Thandekile Kawenga			Kirsty Eaton
4	Frederick Hillinger			Kirsty Eaton
5	Hollie White			Frederick Hillinger
6	Charlie Patterson			Caron Sanders-Crook
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

### Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

**Names and addresses of advisers (Optional information)**

Type of adviser	Name	Address

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

Kirsty Eaton – Chief Executive Officer

**Section B Structure, governance and management**

**Description of the charity’s trusts**

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	CIO
Trustee selection methods (eg. appointed by, elected by)	We advertise widely through advertisement platforms such as Indeed and Charity job boards. Our CEO will speak to any candidates initially and then ask for a Trustee to interview the potential Trustee alongside her. It will then go to a vote to the rest of the Board.

**Additional governance issues (Optional information)**

<p>You <b>may choose</b> to include additional information, where relevant, about:</p> <ul style="list-style-type: none"> <li>• policies and procedures adopted for the induction and training of trustees;</li> <li>• the charity’s organisational structure and any wider network with which the charity works;</li> <li>• relationship with any related parties;</li> <li>• trustees’ consideration of major risks and the system and procedures to manage them.</li> </ul>	<p>We have a Trustee handbook which is available at request, along with other applicable trustees policies and guidance documents.</p> <p>Reach Out For Mental Health exercises a typical centralised, hierarchical organisational structure. Our organisational structure is small but efficient. We have a board of Trustees which manage and work alongside the CEO. The CEO then line manages the Operations Manager, who line manages the Service Coordinator. The Service Coordinator then manages the student counsellors and volunteer befrienders and coffee group facilitators.</p> <p>We don’t have any relationships with any related parties. No conflicts of interests have been declared to either the CEO or Board.</p> <p>Our risks are identified, monitored and managed through our risk register, which can be discussed with potential donors, funders and partnering organisations.</p>
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**Summary of the objects of the charity set out in its governing document**

The founding aims and objectives are to reduce the number of attempted and completed suicides in Essex through the delivery of free counselling and other welfare-related services to adults living in Essex.

**Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)**

In November 2022 the Board of Trustees together with the CEO decided to change the model of service from befriending to counselling. This was due to the Nationwide crisis with the shortage of volunteers down to COVID and the cost of living crisis. Demand for the service was increasing but the number of volunteers available to help was reducing rapidly. By becoming a placement provider and offering free counselling we could still be there to provide potentially life saving support to those living with suicidal thoughts but we would have access to a continually growing pool of students; level 4 student counsellors need 100 clinical hours on placement to qualify. When making the decision the Trustees maintained regard to the public benefit, ensuring that the change in our model would not conflict with this declaration in any way.

In September 2022 we launched our Man Down campaign, asking for friends and family- ANYONE to take the free 20 minute suicide awareness training provided through Zero Suicide Alliance. This was to ensure that everyone has the skills to identify if someone they care about is struggling with suicidal thoughts and to give them the confidence to start a conversation.

We have continued with our podcast, speaking to a range of people from different backgrounds about their experiences of suicidal thoughts, attempts and bereavement of suicide.

**Additional details of objectives and activities (Optional information)**

We do not have policies relating to grant making or investment.

Our volunteers have volunteered around 400 hours of support to adults struggling in Essex. Please see below some testimonials from clients regarding the life saving support they have received.

*"I appreciate all the help from people like you and your wider team. All of you collectively can relish in the thought that if it weren't for you gals & guys, that I would not be here texting you right now, and in addition, two little munchkins still have their father, even if I can't see them. You and your wider teams, the NHS and it's mental health extensions were the only people I had or have, and you all will always be in my prayers, forever. Please pass this message on to Neil as well, thank you, and God Bless you and you're loved ones."*

Feedback from coffee group participant

*"Since I've been coming to the group I have been very happy and the people I have been seeing and the staff have helped me a lot. I have gone through depression, but when I come here, it makes me feel happier, and I want to continue coming here for as long as I can. I am pleased with what happened to me."*

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

## Section D

## Achievements and performance

## Section D

## Achievements and performance

### Summary of the main achievements of the charity during the year

During this financial period we have supported around 300 adults with a combination of counselling, befriending and coffee groups services across Essex. This is a total of nearly 3000 hours of **FREE** support, from a combination of our student counsellors, volunteer befriender and coffee group facilitators and our service coordinator providing welfare calls.

We launched our counselling service and officially became a placement provider for student counsellors in February 2023. We began working with one learning provider in Thurrock and took on another in the summer. At the time of writing we are working with 7 learning providers, supporting around 15 student counsellors who offer a combination of face to face, virtual and phone based counselling to adults across Essex, **FREE** of charge.

Reach Out For Mental Health has had a long-term, sustained impact on vulnerable adults Essex wide. The achievement of the charity has cut across a variety of realms, including increasing social access for vulnerable people, providing support networks, supporting and coordinating external agencies with clients' community support, and directing reducing suicide attempts.

Another accomplishment which the charity has achieved is the organisational sustainability of employing two staff members and developing plans for two more, demonstrating the financial stability and organisational maturity of the charity.

Lastly, the charity has overcome regulatory ambiguity due to the unregulated industry of student counselling. The charity has undertaken its ethical and legal responsibility to uphold all safeguarding measures for all parties involved both in a corporate and clinical context.

The charity has expanded its competency by consulting industry experts in therapy, policy, risk and clinical matters. The extension of organisational capability reflects the charity's commitment to positive societal impact and providing ethically and clinically informed services for vulnerable clients.

## Section E Financial review

**Brief statement of the charity's policy on reserves**

The Charity currently has a minimum of three months running costs (including salaries) in reserves. The Board and the CEO will maintain this wherever possible.

**Details of any funds materially in deficit**

N/A

### Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

The charity receives funding from various sources, including the NHS, the National Lottery, and other local funders as well as individual fundraising and donations.

We also engage in fundraising activities such as football games, cake sales and other events. Regardless of the source, we ensure that all of our funding comes from organisations and individuals that uphold the highest ethical standards.

The funds we receive are used to support the charity's key objectives, such as providing essential services, raising awareness, and advocating for our cause.

## Section F Other optional information

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## Section G Declaration

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

Signed on behalf of the charity's trustees

<b>Signature(s)</b>	J.Kawenga	
<b>Full name(s)</b>	Juliana Thandekile Kawenga	
<b>Position (eg Secretary, Chair, etc)</b>	Trustee	
<b>Date</b>	03/05/2024	



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Charity Name  
Reach Out For Mental Health CIO

No (if any)  
1199647

## Receipts and payments accounts

CC16a

For the period from	Period start date 14-Jul-22	To	Period end date 31-Jul-23
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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 £
<b>A1 Receipts</b>					
Thurrock Lifestyle Solutions CIC	950	-	-	950	-
Donations	4,135	-	-	4,135	-
Essex Community Foundation	-	11,918	-	11,918	-
National Lottery (3)	-	64,580	-	64,580	-
Voluntary Sector Development Fund (2)	-	10,413	-	10,413	-
Awards for All	-	969	-	969	-
Colchester Borough Council	-	18,900	-	18,900	-
PWC LLP	-	2,241	-	2,241	-
180 Consulting	-	1,200	-	1,200	-
Andrew Blakey	-	4,023	-	4,023	-
ASDA	-	1,010	-	1,010	-
C360 Bursary - Thurrock	-	1,500	-	1,500	-
Health Education	-	3,485	-	3,485	-
Colchester Catalyst	-	15,000	-	15,000	-
NHS - Mid & South Essex	-	15,000	-	15,000	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>5,085</b>	<b>150,239</b>	<b>-</b>	<b>155,324</b>	<b>-</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>5,085</b>	<b>150,239</b>	<b>-</b>	<b>155,324</b>	<b>-</b>
<b>A3 Payments</b>					
Room Hire and Rates	-	2,417	-	2,417	-
Travelling Expenses	-	3,094	-	3,094	-
Printing and Stationery	74	227	-	301	-
Telephone and Computer charges	566	4,628	-	5,194	-
Equipment and Rental	-	-	-	-	-
Maintenance	-	9	-	9	-
General Expenses and Marketing	933	4,911	-	5,844	-
Bank Charges and Interest	-	3	-	3	-
Gross Wages	403	55,407	-	55,809	-
Professional Fees	579	7,036	-	7,615	-
	-	-	-	-	-
<b>Sub total</b>	<b>2,555</b>	<b>77,732</b>	<b>-</b>	<b>80,287</b>	<b>-</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>2,555</b>	<b>77,732</b>	<b>-</b>	<b>80,287</b>	<b>-</b>
<b>Net of receipts/(payments)</b>	<b>2,530</b>	<b>72,507</b>	<b>-</b>	<b>75,038</b>	<b>-</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Cash funds this year end</b>	<b>2,530</b>	<b>72,507</b>	<b>-</b>	<b>75,038</b>	<b>-</b>

## 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 & Cash	2,555	77,106	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>2,555</b>	<b>77,106</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	Agreement Error	Agreement Error	OK

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

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

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

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>	Creditors	Unrestricted	25	
			-	
			-	
			-	

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

Signature	Print Name	Date of approval



Report to the trustees

Reach Out for Mental Health CIO

On accounts for the year ended

July 2023

Charity no (if any)

Set out on pages

1

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended ...

Responsibilities and basis of report

As the charity's trustees, 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

[The charity's gross income exceeded £250,000 and I am qualified to undertake the examination )

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below \*) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
the accounts did not accord with the accounting records; or
the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

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.

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

Signed:

[Handwritten signature]

Date:

25th April 2024

Name:

John Woodrow

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

[Empty box for professional qualification]

<b>Address:</b>	9 Five Acres, Danbury, Chelmsford, Essex CM3 4NB

**Section B**

**Disclosure**

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

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