



# Trustees' Annual Report for the period

From	Period start date			To	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
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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)

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 trustees policies and guidance documents.

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.

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)**

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)**

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

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

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."*

## Section D

## Achievements and performance

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## 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 as undertake 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**

**Signature(s)** J.Kawenga

**Full name(s)** Juliana Thandekile Kawenga

**Position (eg Secretary, Chair, etc)** Trustee

**Date** 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

### 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>					
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>	2,555	77,106	-
	(agree balances with receipts and payments account(s))	Agreement Error	Agreement Error	OK
<b>B2 Other monetary assets</b>	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<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 asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B5 Liabilities</b>	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
	Creditors	Unrestricted	25	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	





CHARITY COMMISSION  
FOR ENGLAND AND WALES

## Independent examiner's report on the accounts

Section A

Independent Examiner's Report

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 30 June 2023.

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:

Date:

25<sup>th</sup> April 2024

Name:

John Woodrow

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

**Address:** 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.**