



## Trustees' Annual Report for the period

From

Period start date

01 08 2023

To

Period end date

31 July 2024

### 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

Atholl 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	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	
7				
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12				
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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 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.

## Section C

## Objectives and activities

**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)**

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 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".

## Section D

## Achievements and performance

**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) *T. Kawenga*

Full name(s) Thandekile Juliana Kawenga

Position (eg Secretary, Chair, etc) Chair

**Date** 22 May 2025





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	To	Period end date
	1-Aug-23		31-Jul-24

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

Charity Name  
Reach Out for Mental Health CIO

#### On accounts for the year ended

July 31<sup>st</sup> 2024

Charity no  
(if any)

#### Set out on pages

1

*(References to include the page numbers of additional sheets)*

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 13<sup>th</sup> May 2025.

#### 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

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: 13<sup>th</sup> May 2025

Name:

John Woodrow

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

Address:

9 Five Acres, Danbury, Chelmsford, CM3 4NB