



CHARITY COMMISSION  
FOR ENGLAND AND WALES

## Trustees' Annual Report for the period

From 06/09/22 Period start date To  
Period end date 05/09/23

Charity name: GINGER HEART FOUNDATION

Charity registration number:

## Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<p>Working with individuals in Cumbria, Lancashire and North Yorkshire</p> <ul style="list-style-type: none"><li>- Raising awareness about the harms and enhanced risk of suicide when powder cocaine and alcohol are combined in a recreational pattern.</li><li>- Supporting and advocating for those experiencing trauma and grief, so that we can support the creation of fit for purpose mainstream services and enable access to those services.</li><li>- Supporting individuals who are engaged in recreational powder cocaine use and want support to stop their use.</li><li>- Offering peer support with events to promote community and support.</li><li>- Utilise online avenues to promote the aims of the charity and to offer support.</li></ul>
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<p><b>Objective 1: Raise awareness about the link between recreational powder cocaine use with alcohol and the risk of suicide in the comedown</b></p> <ol style="list-style-type: none"><li>1. A series of online in person videos, posts, podcasts and information to raise awareness about the risk of combining recreational powder cocaine and alcohol which leads to the creation of cocaethylene and can lead to harm or suicide in the comedown.</li></ol>

		<ol style="list-style-type: none"> <li>2. Co hosted and Co-funded with Co-Alc Alliance, #4Tom and Jacob Abrahams Trust a conference with experts from the university of south Wales, Drug &amp; Alcohol services, Samaritans and lived experience individuals with 300 participants to raise awareness about the risk of suicide when powder cocaine and alcohol are taken on a recreational basis. Our trustee Amanda Naylor ran a series of workshops educating individuals from public health, drug and alcohol service, local government and other third sector agencies about the mechanism of action of cocaine and alcohol in the body and how this can lead to suicide in the comedown. The workshops included cited information from local and national data related to the topic.</li> <li>3. A series of talks given at health events such as the Blackburn with Darwin Trust health promotion day where we provided detailed information about how powder cocaine and alcohol taken on a recreational basis can lead to suicide or harms.</li> <li>4. We work in collaboration with three other charities and six other mums impacted by recreational powder cocaine and alcohol use and subsequent suicide of their sons. This is under the umbrella of the Co-Alc Alliance and we undertake a lot of awareness raising and are currently in the process of creating a documentary to raise the public profile of this issue. <a href="https://www.co-alc.org/">https://www.co-alc.org/</a></li> <li>5. Currently involved in primary research with the university of Central Lancashire to conduct a series of semi-structured interviews and qualitative online question forms to ascertain the harms and near misses associated with combining alcohol and recreational powder cocaine use on nights out.</li> </ol>
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		<p>6. Paid for awareness raising posters to be included in publications placed on the back of doors of pubs in Rossendale, Lancashire area.</p> <p>7. Amanda Naylor completed a Dissertation on the links between concurrent alcohol and cocaine risk and suicide, she is in the process of getting this published in a variety of academic journals.</p> <p><b>Objective 2: Support mental health services access and structure for this impacted by cocaine and alcohol use and/or grief and trauma by knowing someone who completed suicide as a result of their use.</b></p> <p>1. EMDR support for 1 individual to access treatment for trauma and grief. Our trustee Amanda Naylor has now trained and qualified as an EMDR therapist and can provide this service to clients of the charity for free.</p> <p>2. Amanda Naylor is currently undertaking primary research with Dr. Pam Mahon in the form of a scoping review to understand the scope of mental health services available for acute grief and trauma, assess the quality of those services and look to ways to access monies for improvements to services.</p> <p>3. 1:1 support for 23 individuals who have been impacted by suicide and/or cocaine and alcohol use. This support was via MS TEAMS calls or in person support. The timescales ranged from 3 weekly meetings to 20 weekly meetings of 1 hour duration for each. 4 of these are ongoing.</p> <p>4. Amanda Naylor is currently in the process of setting up an online support group for individuals impacted by trauma and grief.</p> <p>5. Amanda Naylor is currently in the process of arranging 1:1 weekly meetings for recreational powder cocaine users to come and gain support.</p>
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		<p><b>Objective 3: Peer support for individuals affected by grief and trauma.</b></p> <ol style="list-style-type: none"> <li>1. Anniversary bash where 250 people came together in a fancy-dress party to celebrate and support each other. We raised awareness on the night of the risks of combined cocaine and alcohol use and raised the profile of the charity to encourage contact and support.</li> <li>2. The trustees each year have run the Manchester 10k race to raise money for the GHF but also encouraged the participation of others in the community to join in and be part of the team.</li> <li>3. Pub crawl with participation of other charities to raise money and raise awareness.</li> <li>4. We are currently in the process of arranging a charity walk of the three peaks in Yorkshire to bring the community together in a health enhancing activity.</li> </ol>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	I can confirm that all trustees have read and understood the charity commission guidance on public benefit – PB1, PB2 and PB3.

#### **Additional information (optional)**

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	We have not as yet accessed any grants for the charity, and this is something that Amanda Naylor is now in the process of doing.
Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	We do not as yet have any official volunteers working with us, but a number of people have arranged football matches, charity walks, and others to raise money for the Ginger Heart Foundation.

Other		
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## Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>We are early on in our running of the charity and in this first report we have to say that we have had to tend to our own grief alongside supporting others, but we have achieved a lot in that support and awareness raising.</p> <p>We feel that we are now getting the messages across about the harms and risks of suicide in this hidden population of recreational powder cocaine users.</p> <p>The figures on wastewater analysis tell us that powder cocaine use across the United Kingdom is massively on the increase and our awareness raising has met with some resistance but we will continue to follow all avenues from conducting primary research, to petitioning government, to taking and presenting the information to the relevant populations to get this message across.</p> <p>Our peer support activities have helped the population to come together and support each other in inspiring ways and this has had a knock-on effect of wellbeing.</p> <p>The 1:1 support and now EMDR therapy support is achieving good results for people who are moving from feeling helpless to finding a sense of peace and purpose again.</p> <p>The co-funded conference helped a lot of people to understand not just the scale of the issue of suicide from alcohol and recreational powder cocaine use but to understand the mechanism of how this occurs in the body.</p> <p>This is also true of the talks and online workshops we have conducted where individuals have taken this knowledge and adjusted their own practice as NHS professionals, Drug and Alcohol workers and individuals engaging in recreational use.</p>

### Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
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Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		

## Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	<b>Please see attached financial statement</b>
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	<b>Not applicable</b>
Amount of reserves held	Para 1.22	<b>N/A</b>
Reasons for holding zero reserves	Para 1.22	<b>N/A</b>
Details of fund materially in deficit	Para 1.24	<b>N/A</b>
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	<b>N/A</b>

### Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	
Other		

## Structure, Governance and Management

Description of charity's trusts:		We are set up for public benefit to fulfil the aims of our charitable organisation.
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Trustees were all young people who are aware of the patterns of use of those engaging in recreational powder cocaine use and alcohol. They all requested to be a part of the charity and its aims and we have an annual review to ascertain if their role as trustee feels right for them to continue or would they like a break or complete on the trustee role.

### Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	Safeguarding Policy including what to do when someone discloses a support need.
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

## Reference and Administrative details

Charity name	GINGER HEART FOUNDATION
Other name the charity uses	GHF
Registered charity number	1200286
Charity's principal address	





### **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	Paul Taylor	GHF chair	Full duration	
2	Amanda Naylor	Secretary & Safeguarding Lead	Full duration	
3	Nadine Taylor		Full duration	
4	Kieron Melvin		Full duration	
5	Harvey Barlow		Full duration	
6	Ryan Casey		Full duration	
7	Josef Brierley		Full duration	
8	Bradley Pearson		Full duration	
9	Thomas Brown		From 21/8/24	
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11				
12				
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14				
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17				
18				
19				
20				

Corporate trustees – names of the directors at the date the report was approved

[illegible]

Name of trustees holding title to property belonging to the charity

[illegible]

## Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

### Additional information (optional)

#### 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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## Exemptions from disclosure

Reason for non-disclosure of key personnel details

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## Other optional information

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## Declarations

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

Signed on behalf of the charity's trustees

Signature(s)

ANaylor	
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Full name(s)

Amanda Naylor

Position (eg Secretary,  
Chair, etc)

Secretary & Safeguarding Lead

Date

21<sup>st</sup> August 2024

**Statement of financial activities 2022-2023**

06/09/22 to 31/01/2024

	Unrestricted funds	Restricted funds	Endowment funds	Total funds
	£	£	£	£
<b>Income and endowments from:</b>				
Donations and legacies	17417.33	0	0	17417.33
Charitable activities	3301.08	0	0	3301.08
Other trading activities	460	0	0	460
Investments	0	0	0	0
Other	60.73	0	0	60.73
<b>Total</b>	<b>21239.14</b>	<b>0</b>	<b>0</b>	<b>21239.14</b>
<b>Expenditure on:</b>				
Raising funds	1246.2	0	0	1246.2
Charitable activities	5907.09	0	0	5907.09
Other	2201.33	0	0	2201.33
<b>Total</b>	<b>9354.62</b>	<b>0</b>	<b>0</b>	<b>9354.62</b>
Net gains/(losses) on investments	0	0	0	0
<b>Net income/(expenditure)</b>	<b>11884.52</b>			<b>11884.52</b>
<b>Transfers between funds</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>Other recognised gains/(losses)</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
Gains/(losses) on revaluation of fixed assets	0	0	0	0
Actuarial gains/(losses) on defined benefit pension schemes	0	0	0	0
Other gains/(losses)	0	0	0	0
<b>Net movement in funds</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>Reconciliation of funds:</b>				
Total funds brought forward	0	0	0	0
<b>Total funds carried forward</b>	<b>11884.52</b>	<b>0</b>	<b>0</b>	<b>11884.52</b>

Prior period Total funds	
£	
	0
	0
	0
	0
	0
	0
	0
	0
	0
	0
	0
	0
	0
	0
	0
	0
	0
	0
	0