



Trustees' Annual Report for the period

From 01/02/2024 Period start date

To 31/01/2025 Period end date

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">- Raising awareness about the harms and enhanced risk of suicide when powder cocaine and alcohol are combined in a recreational pattern.- 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.- Supporting individuals who are engaged in recreational powder cocaine use and want support to stop their use.- Offering peer support with events to promote community and support.- Utilise online avenues to promote the aims of the charity and to offer support.
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>Objective 1: Raise awareness about the link between recreational powder cocaine use with alcohol and the risk of suicide in the comedown</p> <ol style="list-style-type: none">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.

		<ol style="list-style-type: none"> 2. Working together with the Co-Alc alliance to create a documentary called 'White Elephant in the Room'. Which has been a hefty endeavour to raise funds, film our stories of loss and what led to those losses and incorporate user experience, university input and coroner's input. We are hopeful that this documentary is going to go a long way to informing the public and services about the hidden harms of mixing alcohol and powder cocaine. https://www.co-alc.org/ 3. A series of talks given on various forums in and around Rossendale including Rossendale Connect and others. 4. 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. 5. Collaborated with Lancashire and Yorkshire constabulary in a police funded campaign of pub posters, beer mats and education around the very real risk of sudden death and suicide when alcohol and cocaine are combined together. 6. Amanda Naylor is conducting a literature review alongside other members of the co-alc alliance. 7. We have now secured funding from the National Lottery Awards for all for a part time powder cocaine worker to work in Lancashire provide education and coaching for people affected by powder cocaine use.
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		<p>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.</p> <ol style="list-style-type: none"> 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. 2. 1:1 support for 28 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. 6 of these are ongoing. 3. Amanda Naylor is currently in the process of setting up an online support group for individuals impacted by trauma and grief. (This was deferred but will go live in the new year). 4. Amanda Naylor is currently in the process of arranging 1:1 weekly meetings for recreational powder cocaine users to come and gain support. <p>Objective 3: Peer support for individuals affected by grief and trauma.</p> <ol style="list-style-type: none"> 1. There have been three football matches to raise monies for Ginger Heart Foundation and each of these days has incorporated the community and supported individuals to be part of a cohesive group. 2. The trustees each year have run the Manchester 10k race to raise money for the GHF but this year everyone came together to raise money for a cancer awareness and research charity.
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		<p>3. Pub crawl with participation of other charities to raise money and raise awareness.</p> <p>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.(This was deferred from last year)</p>
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	
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		

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>During this reporting period, the Ginger Heart Foundation has continued to advance its mission to reduce the harms associated with social powder cocaine use and to provide compassionate support to individuals, families and communities affected by its impact.</p> <p>A key achievement has been the development of the charity's internal governance, policies and procedures. This groundwork is essential for strengthening our organisational structure and ensuring we operate safely, ethically and effectively. These preparations will enable us, in the coming year, to recruit our first part-time Powder Cocaine Support Worker. This role will be dedicated to supporting individuals currently using powder cocaine, as well as those affected by others' use. The worker will be trained as a Recovery Coach and will engage proactively with the community and partner organisations. Their focus will be on reducing harm, preventing crisis, and ultimately contributing to fewer deaths caused by combined alcohol and powder cocaine use.</p> <p>We have also expanded our therapeutic provision. The charity is now offering online EMDR sessions delivered by our in-house EMDR therapist, providing trauma-informed support to individuals impacted by grief, addiction, and substance-related harm. This service is helping beneficiaries process traumatic experiences, stabilise their wellbeing, and build healthier coping strategies.</p> <p>In addition, we have been strengthening relationships with key organisations across Rossendale and the wider North West. We are actively exploring opportunities for partnership work, collaborative training, shared outreach activities, and community education initiatives. Our trustees are also engaging with national networks, including ongoing collaboration with the Co-ALC Alliance and other specialist charities working to address the rising harms associated with alcohol and cocaine use. These partnerships allow us to share expertise, improve our practice, and amplify our collective impact.</p> <p>To support awareness-raising and best-practice sharing, we are currently reviewing</p>

		<p>upcoming conferences and professional events where the charity can present its work. Through speaking engagements, community events, and sector collaboration, we aim to ensure that the voices of those affected by powder cocaine harms are heard, and that evidence-based responses to this emerging crisis are promoted.</p> <p>Overall, the charity has made important progress in building strong foundations, delivering trauma-informed support, and preparing to expand its direct work in the community.</p> <p>Our activities this year have contributed both to individual wellbeing and to wider public benefit by raising awareness, developing professional networks, and taking meaningful steps toward reducing substance-related harm across Rossendale and beyond</p>
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Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
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	Please see attached financial statement
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	Not applicable
Amount of reserves held	Para 1.22	N/A
Reasons for holding zero reserves	Para 1.22	N/A
Details of fund materially in deficit	Para 1.24	N/A
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	N/A

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	Blackwood Mill, Blackwood Road, Bacup, Lancashire OL13 0PZ

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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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

17th November 2025

Statement of financial activities 2024-25

	Unrestricted	Restricted	Endowment	Total funds	Prior period
	£	£	£	£	£
	funds	funds	funds		Total funds
Income and endowments from:					0
Donations and legacies	792.58	0	0	792.58	17417.33
Charitable activities	0	0	0	0	3301.08
Other trading activities	0	0	0	0	460
Investments	0	0	0	0	0
Other	84.34	0	0	84.34	60.73
Total	876.92	0	0	876.92	21239.14
Expenditure on:					
Raising funds	0	0	0	0	1246.2
Charitable activities	818.8	0	0	818.8	5907.09
Other	451.13	0	0	451.13	2201.33
Total	1269.93	0	0	1269.93	0
Net gains/(losses) on investments	0	0	0	0	0
Net income/(expenditure)	-393.01			-393.01	9354.62
Transfers between funds	0	0	0	0	0
Other recognised gains/(losses)	0	0	0	0	0
Gains/(losses) on revaluation of fixed assets	0	0	0	0	0
Actuarial gains/(losses) on defined benefit pension schemes	0	0	0	0	0
Other gains/(losses)	0	0	0	0	0
Net movement in funds	0	0	0	0	0
Reconciliation of funds:					
Total funds brought forward	11884.52	0	0	11884.52	11884.52
Total funds carried forward	11491.51	0	0	11491.51	11491.51