

Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	19	October	2022		31	March	2024

Section A Reference and administration details

Charity name

Brighter Futures Yorkshire CIO

Other names charity is known by

Registered charity number (if any)

1200756

Charity's principal address

16 Lockton Court

Church Fenton

Tadcaster

Postcode

LS24 9UT

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	Robert Bennett	Chair of Trustees	N/A	
2	Lisa Healy		N/A	
3	Colin Watts		N/A	
4	Anna Ward		10/2022 – 06/2023	
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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)

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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	CIO – Foundation Model Constitution
How the charity is constituted (eg. trust, association, company)	CIO
Trustee selection methods (eg. appointed by, elected by)	Appointed by charity trustees.

Additional governance issues (Optional information)

<p>You may choose to include additional information, where relevant, about:</p> <ul style="list-style-type: none"> • 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. 	<p>Payment to Trustees for services to the charity: Colin Watts received payment to facilitate sessions of the Citizens Advice Peer Support Group (10/2022 – 03/2023). Robert Bennett received payment to develop and facilitate the Citizens Advice Peer Support Group (10/2022 – 03/2023), Make a Smile Project (11/2022) and Picture Positive Project (07/2023 – 10/2023).</p>
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Section C Objectives and activities

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

The objects for which the organisation is established are, within the area of North Yorkshire: 1) To enable and empower everyone experiencing mental health challenges to live with, manage and recover from their condition. 2) To relieve the needs of people with mental health conditions by working to increase the understanding of mental health and mental health challenges by gathering and sharing information and working to raise awareness, promote understanding and challenge stigma and discrimination.

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)

We provide a range of peer support services for people who experience mental health issues reducing social isolation and encouraging individuals to share experiences and approaches to the management of mental illness. We have achieved this by delivering a weekly one-and-a-half-hour peer support group, a weekly two-hour creative arts group and we have also facilitated a weekly one-hour online peer support group for individuals experiencing both financial and mental health challenges on behalf of our local Citizens Advice service. We have also developed with a qualified youth worker and young people with lived experience of mental health challenges a structure for a peer support group for young people aged 12 to 18 (Make a Smile Youth Support Group) which we hope to continue to develop and launch in 2025. We have also organised day trips for participants across the local region as well as an annual holiday to locations across the United Kingdom including Scotland, Wales and England.

The charity has also engaged in individual projects and in 2023 completed the project 'Picture Positive'. This project encouraged participants to consider their local environment and reflect on those places that they use to enhance their mental wellbeing. These places were then captured by participants through guided photography and creative writing. Work produced was then exhibited across two local public venues as well as being published in a Zine.

We have also worked with a range of other local organisations sharing information on our services and developing best practice. These include Tees, Esk and Wear Valleys NHS Foundation Trust, North Yorkshire Youth, Selby District Association of Voluntary Services, Leeds Beckett University, North Yorkshire County Council, North Yorkshire Council, Selby District Council and local GPs. We receive and make referrals to and from Tees, Esk and Wear Valleys NHS Foundation Trust, our local Crisis Service and GP practices. We also signpost to third sector organisations including Rethink, the Samaritans and for young people Papyrus and Shout.

All our trustees have regard to the guidance issued by the Charity Commission on public benefit.

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.



Section D	Achievements and performance
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Summary of the main achievements of the charity during the year

Despite limited funds and time we have continued to run and facilitate our weekly peer support group. This has provided a supportive space where participants can build friendships and then explore any mental health issues that they may be experiencing. Through the year, we have had to explore new venues for the group during but are glad to say that we continue to meet in a local café which provides a good balance between feeling included in the local community and maintaining privacy. This has helped our participants to feel included in society and has also helped to challenge some of the stigma around mental ill health.

ArtWell, our weekly creative group has continued to operate and engages participants in a wide range of varied creative activities. These activities are delivered free to all participants something which we are proud to be able to do despite the rising costs of materials. Delivered on Saturday mornings in the local Citizens Advice office, the group provides a more intimate and confidential space for challenging topics to be explored amongst peers in a supported way.

We have enjoyed a variety of day trips for participants across the local region as well as two annual holidays to locations in Scotland and Wales. These have been a fabulous success enabling participants who are often reliant on benefits to enjoy a holiday break. The charity has been able to make small financial contributions to subsidise the cost of the holidays making them affordable for all participants. These have and remain a highlight of the year and help to strengthen the peer relationships of participants and subsequently the efficacy of our weekly support groups.

Completion of our project 'Picture Positive' through the summer of 2023 was a great opportunity to raise awareness amongst our participants and the wider population of the Selby area of the potential for places to have a positive effect on mental wellbeing. This was an important and enjoyable project that utilised creative methods (photography and creative writing) to explore those places that they identified as holding potential to boost their mental wellbeing. Creative work that was produced by participants was then exhibited across two local public venues as well as being published in a Zine.

We have continued to develop links with also a range of other local organisations sharing information on our services and developing best practice. These include Tees, Esk and Wear Valleys NHS Foundation Trust, North Yorkshire Youth, Selby District Association of Voluntary Services, Leeds Beckett University, North Yorkshire County Council, North Yorkshire Council, Selby District Council and local GPs. Following the success of Picture Positive we are hoping to be able to deliver a further project exploring place and wellbeing during 2025. We have received and make referrals to and from Tees, Esk and Wear Valleys NHS Foundation Trust, our local Crisis Service and GP practices.

Section E Financial review

Brief statement of the charity's policy on reserves

The charity aims to hold a reserve of £500 to cover the cost of insurance and email hosting. This will allow the charity to continue to function for approximately 12 months in the event of a loss of any other income. Given this event the charity would be able to sustain its core function of providing a weekly peer support group as this is delivered in a way that incurs no additional costs.

Details of any funds materially in deficit

None of our funds were 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 continues to operate by securing small grants to deliver our project work. These grants help to support the payment of ongoing costs associated with running the charity including appropriate insurance and email hosting. Access to these funds has been essential to allowing the charity to continue to meet its key objective of supporting local people experiencing mental health challenges.

To support the charities' annual holiday, the charity asks for donations from beneficiaries attending the holiday to cover the majority of the associated costs.

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)	Robert Bennett	
Full name(s)	Robert Bennett	
Position (eg Secretary, Chair, etc)	Chair	
Date	17/01/2025	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
Brighter Futures Yorkshire

No (if any)
1

CC16a

Receipts and payments accounts

For the period from	Period start date 19/10/2022	To	Period end date 31/03/2024
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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 £
A1 Receipts					
Donations and legacies	-	-	-	-	-
Donations by individuals	1 371	-	-	1 371	-
Charitable activities	-	-	-	-	-
Payment for services	2 122	-	-	2 122	-
Performance related grant	3 500	-	-	3 500	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	6 993	-	-	6 993	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	6 993	-	-	6 993	-
A3 Payments					
Charitable Activities	-	-	-	-	-
Citizens Advice Peer Support Group	22	-	-	22	-
Payment to Trustee to deliver Citizens Advice Peer Support Group	640	-	-	640	-
ArtWell Project	1 135	-	-	1 135	-
Make a Smile Youth Group Project	245	-	-	245	-
Payment to Trustee to deliver Make a Smile Youth Group Project	90	-	-	90	-
Picture Positive Project	1 808	-	-	1 808	-
Payment to Trustee to deliver Picture Positive Project	1 260	-	-	1 260	-
2023 Annual Brighter Futures Holiday	1 164	-	-	1 164	-
2024 Annual Brighter Futures Holiday	252	-	-	252	-
Other	-	-	-	-	-
Trustee Expenses	110	-	-	110	-
Mobile phone, email hosting	461	-	-	461	-
Insurance	554	-	-	554	-
Accountancy Fees	207	-	-	207	-
Sundry Post Office Fees	8	-	-	8	-
Refreshments & Hospitality	208	-	-	208	-
Zoom Computer Software Subscription	144	-	-	144	-
Sub total	8 308	-	-	8 308	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	8 308	-	-	8 308	-
Net of receipts/(payments)	- 1 315	-	-	- 1 315	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	2 812	-	-	2 812	-
Cash funds this year end	1 497	-	-	1 497	-

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 £
B1 Cash funds	Bank Account	1 497	-	-
		-	-	-
		-	-	-
	Total cash funds	1 497	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
	N/A	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
	N/A		-	-
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
	N/A		-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
	N/A		-	
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
	R Bennett	R Bennett	17/01/2025	