

JS Charity Annual Report

Reporting Period: May 2023 – November 2024

1. Welcome & Introduction

The Js Charity has gone from strength to strength since its launch in May 2023. Nationally, there is a lack of social opportunities for young adults with life limiting/life threatening conditions. More young people than ever are living into adulthood, however despite this, age-appropriate support is still lacking. The Js Charity has been established to address this “hole” in services. The Js Charity has established excellent links with transition professionals from health, social services and education, all of whom are making referrals to The Js Charity. The Js Charity exists to meet the unmet need in Essex and has developed a service that is inclusive, developmentally appropriate and forms friendship and support.

The Js Charity has seen a steady increase in the number of young adults who attend the groups and away days. However, we are aware there are a lot of young adults who do not know we exist. We are working hard to address this and ensure professionals who work with these young adults inform them of our service.

We hold a Js day and an Away day every month excluding January. These days are both for young adults and their carers. The days are free and offer inclusive and enriching experiences from music therapy and art sessions to complementary therapies. We also invite other professionals along to ensure we are working collaboratively and signposting the young adults to other organisations who may be able to help them with financial, legal, employment and educational issues.

The Js days reduce social isolation both for the young adult and the carers. Carers have the opportunity to build relationships to help them in their caring role. In the cases where the young adult attends with professional carers, it gives the parents and other family members respite and sometimes the opportunity to connect with other family members, especially siblings.

The young adults themselves are building friendships and peer support. All the activities help them to develop skills for daily living. They report that complementary therapy helps them with pain and spasm, helps them to relax and promotes better mental health.

Away days offer something a little different. Fully funded group outings that bring new experiences, smiles and a sense of adventure.

Challenges going forward are ensuring more young adults know of the charity to enable us to grow our numbers. Also, ensuring relevant professionals are kept up to date with our service by attending regular meetings in Essex and encouraging them to spread the word.

2. About JS Charity

Mission and vision

At The Js Charity, we bring young adults with life-limiting conditions and their carers together through free, inclusive, and enriching experiences — from music therapy and art sessions to exciting away days. Our mission is to reduce isolation, build community, and offer every young adult the chance to thrive.

History and background

The Js Charity was founded in response to a growing need. In April 2023, our trustees carried out a study with potential service users to better understand the gaps in support across Essex. What we heard was clear: many young people felt isolated, overlooked, and disconnected once they reached adulthood.

These young adults told us they didn't just want services—they wanted community. Somewhere to belong. Somewhere to have fun, share stories, and meet others facing similar challenges.

So, we built something just for them.

Our Core values are to provide

Free inclusive experiences to reduce social isolation

Build community to enable young adults and their carers to build friendship and peer support.

Offer every young adult the opportunity to thrive with fun and support.

3. Year in Review

Key Milestones and Achievements

Programme Delivery

- **Js Days**

Over the reporting period, The Js Charity successfully delivered **17 Js Day sessions**, each offering a structured three-hour programme. These sessions included:

- **Music Therapy:** One member composed and recorded a personal piece with our music therapist, which they proudly shared with family.
- **Complementary Therapy:** Massage therapy was made available to all attendees, helping to alleviate stress and promote relaxation.
- **Creative Activities:** Arts and crafts projects included making bird boxes and candle holders, encouraging creativity and fine motor skills.
- **Educational Engagements:** Guest organisations such as *Snakes Alive* provided interactive learning experiences with insects and reptiles.
- **Seasonal Celebrations:** Our Christmas event featured a local ukulele band, with members and carers joining in through dancing and playing instruments.

- **Js Away Days**

We organised **15 Js Away Day experiences**, offering 2–4 hour outings to foster community and exploration. Highlights included:

- Visits to **RHS Hyde Hall** and **Hylands Park** for picnics and nature walks.
- Attendance at the **Enlightened Light Festival** at Hylands.
- A social outing to **Maldon Promenade**, including a dog walk and traditional fish & chips.

Partnerships and Collaborations

The Js Charity continues to build strong partnerships across Essex and beyond to enhance service delivery and community impact:

- **Hospice and Health Collaborations**

We work closely with both children's and adult hospices supporting young adults in Essex and maintain active links with similar organisations nationwide.

- **Local Authority Engagement**

Essex Social Services regularly invite The Js Charity to participate in

strategic meetings, recognising our role in supporting young adults with complex needs.

- **Educational Partnerships**

We liaise with schools, colleges, and other educational institutions attended by our members to ensure continuity of care and support.

- **Respite and Community Support Organisations**

Collaborations with respite providers help extend our reach and ensure young adults receive consistent support within their communities.

- **Disease-Specific Charities**

We have partnered with organisations such as the **Lilly Foundation**, **Duchenne Muscular Dystrophy (DMD)**, **Battens Disease Family Association**, and **MPS Society**, among others, to share resources and raise awareness.

- **National Networks**

Organisations like **Together for Short Lives** and **Help the Hospices** actively promote our services to their members, helping us reach a wider audience.

- **Local Venues and Specialists**

We collaborate with venues and professionals to deliver enriching experiences, including:

- **The Cliffs Pavilion Theatre**
- **RHS Hyde Hall**
- **Suffolk Music Therapy Services**
- **Rose Complementary Therapies**
- **Enlightened @ Hylands**

These partnerships are instrumental in creating meaningful experiences and lasting memories for our members and their families.

4. Programmes & Impact

Overview of Major Programmes

- **Js Days**

The Js Charity delivers monthly **Js Day sessions**, each lasting three hours and held on Saturdays (excluding January). These sessions offer a structured yet relaxed environment featuring music therapy,

complementary therapies, arts and crafts, guest contributors, and a café-style social setting. The programme is designed to promote wellbeing, creativity, and connection among young adults with life-limiting conditions and their carers.

- **Away Days**

In addition to Js Days, we organise monthly **Away Day experiences**, typically lasting between two to four hours. These outings include visits to local venues, community picnics, and other social activities across Essex. Away Days are intended to foster a sense of adventure, inclusion, and community engagement outside of the regular group setting.

Impact Statistics and Outcomes

- **Consistent Engagement**

Between **45% and 70%** of our registered members attend events regularly, demonstrating strong engagement and the value placed on our services.

- **Positive Feedback**

Feedback—both verbal and written—has been overwhelmingly positive. Participants frequently express appreciation for the welcoming atmosphere, therapeutic activities, and opportunities for connection.

- **Responsive Programme Development**

The close relationships we maintain with our members enable open and honest communication. Members feel comfortable sharing both positive experiences and constructive feedback. This dialogue informs our ongoing programme development, and we are currently working to implement a more robust feedback mechanism to better capture insights and improve service delivery.

Case studies or beneficiary stories

Laura loves coming to the Js. It's social, welcoming and a chance to reconnect with old friends and make new ones. She enjoys the music, the cake and just being around people. As carers we feel just as supported. It is a real highlight of the month for all of us. We are so thankful for everything the Js does. Diane & Laura

Alice absolutely loves coming to Js days and away days she especially enjoys the music and the cake. Alice is always so pleased to see carers she recognises and trusts and feels very

safe with everyone. As her parents it is always good to come and relax knowing Alice is enjoying herself so much.

Penny & Philip

Grace was well supported emotionally, physically and socially until at the age of 19 and once she entered the adult world she was isolated from her peers. The Js is a brilliant example of how young people with additional needs can be integrated into society and offered the same opportunities as their peers. Grace has made friends at The Js. Her carers enjoy spending time with other carers sharing ideas, experiences and building new friendships. Grace especially enjoys the musical and outdoor activities.

Anwen

Testimonials

As a music therapist, I've had the privilege of working alongside the incredible team at The J's Charity. The heart of The J's is all about creating moments of joy, connection, and meaningful, age-appropriate support. This is an ethos that shines through in everything they do.

Music therapy is a registered allied health profession and involves the clinical and evidence-based use of music interventions to help individuals achieve personalised goals within a therapeutic relationship. Sessions are delivered by a qualified professional who has completed an approved music therapy programme.

I run regular music therapy sessions on behalf of Suffolk Music Therapy Services at The J's, and these are always delivered in a relaxed, welcoming environment. We work in a group format, using a flexible approach that allows each person to engage in music making at their own pace and comfort level. Whether someone wants to play an instrument, sing, or simply listen and soak up the atmosphere there is space for everyone to be part of the experience in their own way.

What really stands out to me is how The J's puts the emphasis on fun, inclusion and emotional support. This charity all about building a community where these young people can express themselves, connect with others who understand, and enjoy a sense of belonging. I'm proud to be a part of it, and to witness the crucial impact this kind of holistic, creative care can have.

Anna (Suffolk Music Therapy Services)

5. Financial Summary

Below is a breakdown of all income and expenditure for the reporting period – May 2023 to November 2024.

Income

- Donations: £41,393
- Grants: £0
- Fundraising Events: £15,189
- Other Income: £341

Total Income: £56,923

Expenditure

- Program Costs: £8,232
- Administrative Expenses: £2,601
- Marketing and Outreach: £694

Total Expenditure: £11,527

Funding Sources

Below are the three main funding sources from the reporting period.

- Source 1: Benton Hall - £22,000
- Source 2: Friend of the Js - £10,000
- Source 3: Js Golf Day - £10,000

Financial Highlights

- **Strong Reserve Position**
In its first 18 months, The Js Charity has built a healthy reserve base, supported by generous contributions from Benton Hall Golf Club, a significant one-off individual donation, and the success of the Js Golf Day.
- **Diverse Fundraising Activities**
Additional income was generated through community-led events such as an Open Garden and a Curry Night. We have also initiated a monthly individual giving programme, providing a more sustainable and predictable funding stream.
- **Focused Expenditure**
The majority of expenditure—**71%**—was allocated to delivering Js Days, reflecting our commitment to direct service provision. One-off costs were

incurred for essential promotional materials including leaflet and banner design, and the development of our website, all of which are vital for future fundraising and outreach.

- **Optimising Financial Resources**

Recognising the importance of effective financial management, The Js Charity has transferred **£35,000** into a high-interest savings account to ensure our reserves are working harder and generating additional income.

Treasurer's Statement

The Js Charity has experienced a highly successful financial year, with income significantly exceeding expenditure. This has been driven by substantial donations and the success of key fundraising events. Special thanks go to Benton Hall Golf Club, whose early support enabled us to launch Js Days within months of our establishment.

At present, The Js Charity holds sufficient reserves to fully fund its operations for the coming year, even without additional fundraising. Furthermore, we are pleased to confirm continued support from Benton Hall, and the return of both the Js Golf Day and Open Garden events, securing further income for the year ahead.

Despite this strong financial position, we remain focused on long-term sustainability. In the coming year, we will actively pursue new funding streams, including grant applications, corporate partnerships, and expansion of our individual giving programme, to ensure the continued growth and impact of The Js Charity.

6. Governance & Leadership

Charity Name:

Js Charity

Registered Charity Number:

1202980

Legal Status:

Js Charity is a registered charity in England & Wales, governed by its constitution and regulated by the Charity Commission for England and Wales.

Principal Address:

6 Bramston Close
Chelmsford, CM2 7EW
England

Trustees:

As of 31st November 2024, the following individuals served as trustees of Js Charity:

- Bev Barclay (Chair)
- Denis Whiffin (Trustee)
- Amanda Pelham (Trustee)
- Jane Gibney (Trustee)
- Tony Pelham (Trustee)
- Sarah Laceby (Trustee)
- Stuart Mackenzie (Trustee)
- Chris Whiffin (Trustee)

Governing Document:

Js Charity is governed by its constitution, which was last updated on 9th May 2023. The constitution sets out the charity's objectives, governance structure, and decision-making processes.

Bankers:

Metro Bank
38 High Street

Chelmsford, CM1 1BE

Independent Examiner:

Graham Miller - CIMA

Insurance Provider:

Endleigh Insurance Services Limited

Data Protection and Privacy:

Js Charity complies with the UK GDPR] and maintains appropriate safeguards to protect personal data. Our privacy policy is available at [Insert Website URL].

Public Benefit Statement:

The trustees confirm that they have complied with the duty in programme delivery of Section 4 of the Charities Act 2011 to have due regard to public benefit guidance published by the regulatory authority.

Contact Information:

For general enquiries, please contact:

✉ Email: hello@thejscharity.org.uk

☎ Phone: 01245 475052

🌐 Website: thejscharity.org.uk

7. Communications & Engagement

Community outreach and engagement

The Js Charity works collaboratively with other organisations and charities across Essex. Teaming up with RHS Hyde Hall, to provide members with a horticultural experience and to share a meal together in the garden restaurant. Working in partnership with Suffolk Music Therapy Services, to provide a musical therapeutic intervention for our young adults as a way of expressing themselves. Working with Rose McLeod Therapies – who specialises in Swedish Massage and Reflexology and who has worked with young adults with complex conditions and knows how to aid in their relaxation and provide relief from muscle spasms. Also working with a charity called Snakes Alive, who bring an education around snakes and other reptiles and insects to our members, and dispel the myths around these creatures. Our members also have photos taken with them. In addition, we have worked with the Cliffs Pavilion Theatre and arranged for members to attend their relaxed pantomime performance, which works better with their complex conditions – the families have been able to attend with them also as these events are free of charge and open up opportunities that many of our members wouldn't have otherwise. All these events create memories, which are so important when many of our members will have shortened lives.

The Js Charity regularly attends transition meetings to raise awareness of the charity. We attend in person and on-line to ensure we are building relationships with transition professionals,

We are keen to build relationships that involve listening and collaborating with the young adults to ensure they know their voices are being listened to. This involves carers too.

We know the Js Charity meets a need, we are keen to build a supportive network to ensure the charity makes a difference. We collate feedback and always ensure we are keen for the young adults to be involved in any new ideas and initiatives.

During the reporting period we saw an average reach of 400 people across Facebook with consistent engagement. Going forward we have implemented a marketing strategy and sought external support to ensure we see marketing growth.

Volunteer contributions

We currently have 21 volunteers from many different backgrounds:- Nursing, Counselling, Social Work, Health Carers, Management, Finance, Business to Business, Fundraising, Marketing, IT.

“I volunteer for The Js Charity because I am passionate about their work with young adults. I want to be part of a charity that does all it can to provide the same opportunities that other young people have. Everyone deserves to have fun, create friendships and feel supported and that is as important for the carers as it is for the young adults too.” Jane (Volunteer)

8. Looking Ahead

Strategic Goals for 2025 and Beyond

- **Increase Service Reach to 25 Young Adults**
Expand the number of young adults accessing our services to at least 25, ensuring our support is reaching more individuals with life-limiting and life-threatening conditions. This will involve targeted outreach, improved referral pathways, and enhanced visibility within relevant networks.
- **Strengthen Local and National Awareness**
Continue to build awareness of The Js Charity through strategic marketing, media engagement, and participation in sector events. This includes leveraging partnerships, social media, and advocacy efforts to raise our profile and attract new supporters and beneficiaries.
- **Develop a Clinical Outreach Role**
Establish and grow the role of a Clinical Outreach Worker who will not only support service delivery but also provide families with guidance on navigating health, social care, and educational systems. This role will be central to improving access to holistic support and ensuring continuity of care.
- **Enhance Js Days with Expanded Activities**
Broaden the range of activities offered during Js Days by collaborating with an arts and crafts therapist to introduce new, creative, and therapeutic experiences. This will enrich the sessions and cater to diverse interests and needs.
- **Strengthen Governance Through Carer Representation**
Recruit a parent or carer to join The Js Charity Board, ensuring that the voices of young adults and their families are directly represented in decision-making. This will help maintain relevance, inclusivity, and responsiveness in our strategic planning.
- **Launch and Evaluate Online Group Music Therapy**
Introduce online group music therapy sessions for families, providing accessible emotional and psychological support. We will monitor engagement and outcomes to assess its effectiveness and potential for wider implementation.

- **Explore the Use of Virtual Reality (VR) in Group Settings**
Continue researching the integration of VR technology into group activities to enhance engagement, relaxation, and therapeutic outcomes. This includes assessing feasibility, accessibility, and potential partnerships with tech providers.
- **Assess Feasibility of In-Home Complementary Therapy**
Investigate the potential for delivering complementary therapies directly in the home, aiming to improve comfort and wellbeing for those unable to attend group sessions. This includes exploring funding, logistics, and clinical oversight.

Opportunities

- **Expansion of Young Adult Engagement**
Increase participation and engagement among young adults through targeted outreach and tailored programming.
- **Enhanced Service Awareness**
Strengthen public understanding and visibility of our services through strategic communication and community engagement.
- **Broader Professional Collaboration**
Build partnerships with professional organisations at both local and national levels to enhance service delivery and advocacy.
- **Development of Clinical Outreach Capacity**
Establish and expand the role of a clinical outreach worker to improve access and continuity of care.
- **Strengthened Fundraising and Marketing Strategy**
Leverage the expertise of new members on our fundraising and marketing committee to amplify outreach efforts and refine our fundraising approach.
- **Diversified Funding Streams**
Explore additional grant opportunities and fundraising initiatives to sustain and grow the service, including the integration of complementary therapies delivered in-home.

Risks

- **Declining Engagement from Young Adults and Families**
Risk of reduced participation if services are not perceived as relevant, inclusive, and responsive to the evolving needs of young adults and their families.

- **Funding Sustainability Challenges**
Potential difficulty in securing consistent funding and developing a resilient fundraising strategy to support long-term service provision.
- **Volunteer Recruitment and Succession Planning**
Risk of stagnation or service disruption if volunteer numbers do not grow or if succession planning is not adequately addressed.

9. Appendices

1. Financial Statements

Provide detailed financial statements for the reporting period, including:

Statement of Financial Position

As of 31st November 2024

Category	Description	Amount (Current Year)	Amount (Previous Year)
Assets	Cash and Cash Equivalents	£45,396	N/A
Liabilities	Accounts Payable	£0	N/A
Liabilities	Accrued Expenses	£0	N/A
Liabilities	Deferred Revenue	£0	N/A
Liabilities	Other Liabilities	£0	N/A
Net Assets	Unrestricted Net Assets	£45,396	N/A
Net Assets	Temporarily Restricted Net Assets	£0	N/A
Net Assets	Permanently Restricted Net Assets	£0	N/A

Category	Current Year	Previous Year
Revenue - Donations	£41,393	N/A
Revenue - Grants	£0	N/A
Revenue - Fundraising	£15,189	N/A
Expenses - Program Services	£8,232	N/A
Expenses - Administration	£3,295	N/A
Expenses - Fundraising	£,3940	N/A

Net Change in Assets	£45,396	N/A
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Cash Flows from Operating Activities

Description	2023/24	Prior Year
Cash received from donations and grants	£56,923	N/A
Cash paid for program services	£8,232	N/A
Cash paid for administrative expenses	£3,295	N/A
Net cash provided by operating activities	£45,396	N/A

Net Change in Cash

Net increase in cash: £45,396

Cash at beginning of year: £0

Cash at end of year: £45,396

1. Accounting Policies

The financial statements have been prepared in accordance with applicable accounting standards for charities. The principal accounting policies adopted in the preparation of the financial statements are set out below.

2. Income Recognition

Income is recognized when the charity has entitlement to the funds, the amount can be measured reliably, and it is probable that the income will be received. Donations, grants, and other voluntary income are accounted for on a receivable basis. Income from fundraising events is recognized when the event takes place.

3. Expenditure Classification

Expenditure is recognized on a cash basis. Costs are classified under headings that aggregate all costs related to the category. Where costs cannot be directly attributed to particular headings, they have been allocated on a basis consistent with the use of resources.

4. Liabilities

Liabilities are recognized when the charity has a present obligation as a result of a past event, it is probable that an outflow of resources will be required to settle the obligation, and the amount can be reliably estimated.

5. Other Disclosures

The charity has no related party transactions or contingent liabilities to disclose. Any significant events after the reporting date are disclosed where applicable.

2. Programme Data and Metrics

Programme Name: The Js Charity

Beneficiary Numbers:

There have been 40 beneficiaries served during this reporting period. 15 members and 25 carers. In addition, for those members who come with professional carers, there are approximately 15-20 family members who are provided with respite whilst their young adult attends the events.

Geographic Reach:

The Js Charity provides services Essex wide for all young adults with life limiting conditions

Outcomes:

- **Reduction in Social Isolation**
Participants reported increased social interaction and a stronger sense of community, contributing to reduced feelings of isolation.
- **Improved Mental Health and Wellbeing**
Engagement with our services has supported enhanced emotional resilience and overall mental wellbeing among young adults and their carers.
- **Effective Signposting to Support Services**
Young adults were connected with appropriate health, social care, and educational professionals, empowering them to make informed decisions and access relevant support.
- **Alleviation of Physical Discomfort**
The introduction of complementary therapies has contributed to a reduction in pain and muscle spasms, improving physical comfort and quality of life.
- **Formation of Peer Networks**
Opportunities for social connection have led to the development of meaningful friendships and peer support networks, fostering mutual encouragement and shared experiences.
- **Enhanced Support for Carers**
Carers have benefited from targeted support, helping them to better manage their responsibilities and maintain their own wellbeing.

Impact Indicators:

- **Individuals Supported**
A total of **40 individuals**, including both young adult members and their carers, received support through our services.
- **Event Participation**
Across **32 events**, we welcomed an average of **24 attendees** per session, resulting in a cumulative attendance of **768 participant engagements**.
- **Hours of Direct Support Provided**
With each event lasting approximately **3 hours**, we delivered an estimated **2,304 hours of direct support** to members and carers.
- **Volunteer Contribution**
Volunteers contributed a total of **255 hours** to support our events:
 - **Js Days**: 5 volunteers across 17 events
 - **Away Days**: 2 volunteers across 15 events
 - All events averaged 3 hours in duration
- Carer support - Qualitative measures leading to enhanced confidence and improved mental health obtained through direct feedback.

Feedback Summaries:

Building a Supportive Community

Our strong relationships with members and their families, combined with active engagement with local hospices, professional organisations, and venue partners across Essex, continue to affirm the value and impact of The Js Charity. We are delivering a vital service for young adults living with life-limiting and life-threatening conditions.

During this reporting period, we have observed meaningful developments in community building. Members and carers now greet one another by name, offer warm welcomes at events, and in some cases, connect outside of our organised activities. This growing familiarity has fostered a genuine sense of belonging and mutual support.

Participants have shared valuable information with one another—ranging from accessible venues and benefit-related advice to personal experiences and

challenges. These exchanges have demonstrated the therapeutic power of peer support and the importance of safe spaces for open dialogue.

In essence, The Js Charity is nurturing a caring, inclusive, and therapeutic community. Our goal moving forward is to expand this network, reaching more individuals who could benefit from our services and enhancing the breadth of support we offer.

3. Contact Information

Registered Address:

6 Bramston Close
Chelmsford
CM2 7EW

Phone number: 01245 475052

Email address: Hello@thejscharity.org.uk

Website and social media links:

Website: www.thejscharity.org.uk

Facebook: [thejscharity](https://www.facebook.com/thejscharity)

Instagram: [thejscharity_](https://www.instagram.com/thejscharity_)