

CHARITY REGISTRATION NUMBER: 1204977

TACKLING ANXIETY TOGETHER

ANNUAL REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2024



1. Charity details

Name: Tackling Anxiety Together

Registered charity number: 1204977

Address: 65 North End Ditchling East Sussex BN6 8TE

Contact details: jules.jacob@tacklinganxietytogether.org

Names of trustees:

- i. Julia Jacob
- ii. Sophie Matthews
- iii. Emma Jane Higgins
- iv. Neil Satchwell Smith
- v. Iain Moss
- vi. Daniel Williamson

2. Structure, governance and management

Tackling Anxiety Together is constituted as a CIO Foundation. Trustees are appointed by a resolution passed at a properly convened meeting of the charity trustees. In selecting individuals for appointment as trustees, the trustees have regard to the skills, knowledge and experience needed for the effective administration of Tackling Anxiety Together.

3. Objectives and activities

3.1 Objectives

Tackling Anxiety Together (T.A.T.) aims to relieve the needs of those with anxiety, primarily through the following objectives:-

- i. providing courses to give insight and understanding into anxiety.
- ii. providing resources and practical information/tips.
- iii. opportunities to share experiences and signposting to appropriate support and health care professionals.

3.2 Activities

Content

A priority for us, particularly in these formative years, is to continue to refine and invest in our content. We place a strong emphasis on responding to feedback from participants, partners and experts in the field of mental health.

Churches

In the past year there have been 7 adult courses run in various locations around the UK and a course is being piloted in the USA. The course discusses the effects anxiety has on our mind, body, soul and spirit. The content covers understanding anxiety, challenging negative thought patterns, managing our emotions, healthy lifestyle, identity and purpose and delves into the spiritual aspect of fear. We incorporate the wisdom and power of the bible, and the Christian faith in helping us overcome the cycle of anxiety. We aim to provide support and encouragement and a safe place where people can come to talk about their worries and strategies to move away from worry dominating our thoughts feelings and behaviours.

Schools

The Tackling Anxiety Together youth course has been developed and honed through piloting it in a school in Brighton where more than fifty students have taken part. TAT youth has also taken part in a parent forum to help equip parents support their children in good mental health practices.

Monitoring and evaluation

Measuring our impact from the outset is a priority so that we are constantly responding to feedback and investing in our content and course offering. We have created a questionnaire which helps us measure how participants have been supported by the course. We also have regular feedback sessions with partners running the course – churches and schools – to make sure we are constantly responding to the needs of each particular context.

Communications

We have created a website which provides information about the charity and how to access the resources. We have increased our presence on social media by building an Instagram account which provides tips, stories and strategies on managing anxiety.

4. Achievements and performance

To expand Tackling Anxiety Together reach we have continued to run adult and youth courses and build relationships with other organisations that have similar values, such as, the Holy Trinity Brompton church network, local youth workers in Sussex and mental health care professionals. We have also increased our presence by delivering content at a large Christian festival and speaking engagements in churches.

Pastoral support and training

We have provided support and training for the team who help on the courses and are in the process of completing our safeguarding procedures.

Institutional capacity

Given this has been our first year we have also had a strong focus on investing in our Board of Trustees, volunteers and institutional capacity. As Trustees we spent time better understanding the shared vision and mission, our respective roles and responsibilities and ways of working together. In terms of our finances we drafted financial procedures, prepared our first budget and established regular financial reporting.

5. Financial review

In our first year as a CIO, Tackling Anxiety Together received grants totalling £9,000 and Donations totalling £2,328.93. Our Course Running Costs were £2,772.52, our Operating Costs were £649.99, and our Fixed administrative costs were £510.30. This leaves the charity in a healthy position at the end of the year, with a surplus of £7395.42 to carry forward into year 2.

We currently hold £250 in reserve, which represents just over three months of fixed costs. This level is appropriate at present because we have no salaries or large, fixed overheads such as rent. We will revisit our reserves policy as our fixed costs change in our second year.

The charity maintains strong financial controls, including monthly bank reconciliations and regular financial reporting to Trustees. Any spending not accounted for in the agreed annual budget is reviewed and approved by the Trustees.

6. Reference and administrative information

Bank account: TACKLING ANXIETY TOGETHER

Acc No: 16181530

Sort code: 01-01-23

Principal address - 65 North End Ditchling East Sussex BN6 8TE

Profit and Loss

Tackling Anxiety Together

For the year ended 31 December 2024

2024

Income

Grants Received	9,000.00
donations received	2,328.23
Total Income	11,328.23

Course Running Costs

Course Snacks	272.52
Facilitators Honorarium (facilitator goodwill payments)	2,500.00
Total Course Running Costs	2,772.52

Operating Costs

Consulting	136.20
Equipment Repairs & Maintenance	89.99
Parking & Travel	182.60
Printing & Stationery	79.44
Subsistence	61.76
Training & Courses	100.00
Total Operating Costs	649.99

Fixed Admin Costs

Subscriptions	510.30
Total Fixed Admin Costs	510.30

Funds Carried Forward At Year End

7,395.42