



Registered Charity  
1205496

# Spare 10 For Ben

---

Trustees' Annual Report

&

Accounts

Reporting period: 31 October 2023 – 30 April 2025

Registered Charity Number: 1205496

## Our Community in Action



Ben Chair initiative – encouraging people to pause, reflect and reach out.





Christmas Eve Ben Box initiative – seasonal support for individuals and families.



A Ben Box – practical wellbeing support and signposting.



Bens' Breakfast Club – Peer Support Group providing a free, hot breakfast and connection.

### Recognition of Funders and Corporate Supporters

Spare 10 For Ben would like to formally recognise and thank the organisations whose funding and corporate support helped us grow our services and strengthen community impact during this reporting period.



We also acknowledge and thank: Hadrian Trust, Sir James Knott, Normanby Trust, Arnold Clark Community Fund, and other local partners, donors and supporters.

## Trustees' Annual Report

### Section A – Reference and Administrative Details

Charity name: Spare 10 For Ben

Other names the charity is known by: N/A

Registered charity number: 1205496

Principal address: 27 St Marys Close, Easington Village, Co Durham, SR8 3BB

#### Trustees who served during the period

Trustee name	Office (if any)	Dates acted (if not whole period)	Appointing body (if any)
Claire Louise Dale	Chair		Governing document
Angela Marie Hynds	Trustee (employed 10/05/2024 – end of fixed-term contract; remains trustee)		Governing document
Liam Bradley Healy	Trustee		Governing document
Jayne Dixon	Trustee	31/10/2023 – 30/09/2024	Governing document
Ellemay Beeston	Trustee		Governing document

Independent Examiner: Katie Almond – BFP ACA

12 Lambton Court, Peterlee SR8 1NG

### Section B – Structure, Governance and Management

Governing document: Constitution

How the charity is constituted: Charitable Incorporated Organisation (CIO)

Trustee selection and appointment: Trustees are appointed in accordance with the charity's constitution. New trustees are recruited based on the skills and experience required by the board and are appointed by trustee resolution.



The charity is managed by the board of trustees who meet regularly to oversee strategy, governance, safeguarding and financial management. New trustees receive an induction covering the constitution, trustee duties, key policies, safeguarding and financial procedures.

On 10 May 2024, formal authority was granted by the Charity Commission to permit the employment of a serving trustee (Angela Marie Hynds) under a fixed-term contract. Robust conflict of interest procedures were followed. Angela did not participate in discussions or decisions about her employment, remuneration or contractual matters. Angela retired from her paid role at the end of her contract and continues to serve as a trustee.

The trustees review major risks, including safeguarding, data protection and confidentiality, fundraising compliance, financial sustainability, reputational risk, and volunteer capacity. Appropriate controls and policies are maintained and reviewed regularly.

### **Section C – Objectives and Activities**

***“The preservation and protection of good mental health and the relief of need for the benefit of those living in Durham and the surrounding area by the provision of resources promoting good mental health such as educational materials and signposting to relevant mental health organisations.”***

During the reporting period, the charity delivered a preventative, peer-led model rooted in lived experience, accessibility and community inclusion. Key activities included:

- Structured peer support through Ben’s Club (launched February 2024) and Ben’s Breakfast Club (launched June 2024), providing safe, inclusive spaces for connection, wellbeing activities and community support.
- Distribution of Ben Boxes containing well-being resources, practical items and signposting information, delivered directly and via referral partners including social prescribers, employers and community organisations.
- Suicide awareness and prevention activity, including community engagement and continuation of the Ben Chairs initiative to encourage reflection and reaching out.
- Seasonal and targeted wellbeing initiatives to reduce isolation and respond to heightened need at key times of the year.
- Growth in holistic wellbeing provision to support people experiencing stress, anxiety and emotional fatigue (delivered accessibly and with a focus on prevention).

Time-limited addiction support: Following Charity Commission authority granted on 10 May 2024, the charity delivered structured one-to-one addiction support during a fixed-term employment period. Following a strategic review of capacity, safeguarding, insurance and

sustainability, trustees determined that the charity would not continue to directly deliver specialist addiction casework. Instead, formal referral pathways were strengthened with established specialist providers, enabling the charity to focus on early intervention and preventative community wellbeing while ensuring beneficiaries can access appropriate specialist support.

The trustees confirm that they have had due regard to the Charity Commission's guidance on public benefit under Section 17 of the Charities Act 2011 when planning and delivering the charity's activities during the reporting period.

## **Section D – Achievements and Performance**

The reporting period marked significant growth in reach, service delivery and organisational sustainability.

**Funding and infrastructure:** A major milestone was securing £19,997 from The National Lottery Community Fund (TNLCF). This enabled the charity to secure a dedicated office base and confidential therapy/support room, and to contribute toward staffing and operational capacity. Having dedicated premises strengthened accessibility, confidentiality and safeguarding arrangements.

**Peer support and community provision:** Ben's Club and Ben's Breakfast Club became established community initiatives. By 30 April 2025, 543 meals had been provided through Ben's Club, supporting both wellbeing and social connection.

**Seasonal initiatives:** The charity delivered the Christmas Eve Ben Box initiative and provided 61 free Christmas lunches for service users and families, helping reduce isolation and hardship at a high-risk time of year. The charity also facilitated wellbeing trips and community outings to reduce isolation.

Service user feedback illustrates impact:

*"Spare 10 For Ben saved my life."*

*"STFB didn't just help me – they changed my life."*

*"I have made friendships here that will last forever."*

*"I no longer feel alone."*

**Capacity building:** Due to sustained growth and increasing demand, Linda was employed in November 2024 to increase service capacity and strengthen operational coordination.

**Strategic focus:** Trustees strengthened partnerships and referral pathways with local specialist services, enabling Spare 10 For Ben to focus more fully on early intervention, preventative wellbeing and peer support while maintaining appropriate pathways for specialist support.



## **Section E – Financial Review**

Principal sources of income during the reporting period included: The National Lottery Community Fund grant (£19,997), a range of small grants, community fundraising activities, and voluntary donations from individuals and local supporters.

Expenditure supported delivery of charitable activities and was applied in furtherance of the charity's objectives, including peer support provision, Ben Boxes, seasonal hardship initiatives, premises costs, safeguarding/insurance, and staffing costs required to deliver services safely and effectively.

### **Reserves policy**

The trustees aim to maintain unrestricted reserves sufficient to cover approximately three months of core operating costs, including premises, essential staffing and operational expenses. This helps safeguard continuity of services in the event of temporary income disruption or unforeseen expenditure. Reserves are reviewed regularly.

### **Funds materially in deficit**

The charity did not hold any funds materially in deficit during the reporting period.

### **Investment policy**

The charity does not currently hold investment assets or operate a formal investment portfolio. Surplus funds are held in bank accounts to maintain liquidity and operational stability. If reserves increase significantly, trustees will review whether a formal investment policy is appropriate, including ethical considerations.

### **Further financial review details**

The trustees monitor income and expenditure regularly, ensure compliance with funder requirements, and keep administrative costs proportionate. Independent examination supports transparency and accountability.

## **Section F – Other Optional Information**

Forward planning: Trustees will consolidate and strengthen existing peer-support provision, maintain accessible premises, develop sustainable funding, and deepen partnership working to ensure that services remain safe, accessible and responsive to community need.

Risk management: Trustees regularly review key risks including financial sustainability, safeguarding, volunteer capacity, data protection/confidentiality and reputational risk. Policies and procedures are reviewed and updated as needed.



### **Contribution made by volunteers**

Volunteers play a vital role in Spare 10 For Ben's delivery. During the reporting period volunteers supported peer sessions, prepared and distributed Ben Boxes, supported seasonal initiatives including the Christmas Eve Ben Box project and Christmas lunches, assisted with fundraising and awareness activity, and provided informal peer support and community engagement. The trustees record their sincere thanks for the time, compassion and commitment of all volunteers.

### **Section G – Declaration**

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

Signed on behalf of the charity's trustees:

---


Full Name: Claire Louise Dale

Signature: 

Position: Chair

Date: 25/02/2026

Full Name: Angela Marie Hynds

Signature: 

Position: Trustee

Date: 25/02/2026



## Receipts and payments accounts

For the period from	Period start date	To	Period end date
	31/10/2023		30/04/2025

### 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 £
<b>A1 Receipts</b>					
Cash funds at start of period	300		-	300	-
Bank funds at start of period	1,937			1,937	
Believe Housing		1,000		1,000	
The National Lottery Community Fund	-	19,997	-	19,997	-
Sir James Knott Foundation		1,000		1,000	
Barbour Foundation	2,000	-	-	2,000	-
Coalfields Regeneration Trust		2,000		2,000	
Durham County Council		200		200	
Albert Hunt Trust	2,000	-	-	2,000	-
Asda Foundaton		1,000		1,000	
Normanby Trust	2,000	-	-	2,000	-
Groundworks/Grassroots		2,000		2,000	
Arnold Clark Community Fund	400	-	-	400	-
Ballinger Trust	1,000	-	-	1,000	-
Hadrien Trust	500			500	
COSARAF		295		295	
East Durham Trust (Community Resilience)	1,400			1,400	
Donations and Legacies	15,739			15,739	
Other Trading Activities	2,090			2,090	
<b>Sub total (Gross income for AR)</b>	<b>29,367</b>	<b>27,492</b>	<b>-</b>	<b>56,859</b>	<b>-</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>29,367</b>	<b>27,492</b>	<b>-</b>	<b>56,859</b>	<b>-</b>
<b>A3 Payments</b>					
Rent	100	6,300	-	6,400	-
Wages/Payroll	2,758	13,567	-	16,325	-
Social Inclusion Activities	1,236	3,626	-	4,862	-
Equipment/Supplies	1,964	2,009	-	3,973	-
Staff Costs	883		-	883	-
Insurance	111	-	-	111	-
Fundraising	1,141	-	-	1,141	-
Awareness Events	488	250		738	
COSARAF		295		295	
Merchandise Costs	75			75	
Initiatives/Campaigns	313	500	-	813	-
Miscellaneous expenses (minor items)	80	-	-	80	-
<b>Sub total</b>	<b>9,150</b>	<b>26,547</b>	<b>-</b>	<b>35,696</b>	<b>-</b>
<b>A4 Asset and investment purchases. (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>9,150</b>	<b>26,547</b>	<b>-</b>	<b>35,696</b>	<b>-</b>
<b>Net of receipts/(payments)</b>	<b>20,217</b>	<b>945</b>	<b>-</b>	<b>21,163</b>	<b>-</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Cash funds this year end</b>	<b>20,217</b>	<b>945</b>	<b>-</b>	<b>21,163</b>	<b>-</b>

## 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 £
<b>B1 Cash funds</b>	Cash at bank	17,148	945	-
	Cash in hand	3,070	-	-
		-	-	-
	<b>Total cash funds</b>	<b>20,217</b>	<b>945</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK

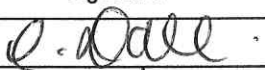

	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>	Laptops	TNLCF	509	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Claire Dale	24/02/2026
	Angela Hynds	24/02/2026





Section A

Independent Examiner's Report

Report to the trustees

Charity Name  
Spare 10 For Ben

On accounts for the year  
ended

30/04/2025

Charity no  
(if any)

1205496

Set out on pages

In line with uploaded accounts

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 30/04/2025.

Responsibilities and  
basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent  
examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

\* Please delete the words in the brackets if they do not apply.

Signed:

K Almond

Date:

25/02/2026

Name:

Katie Almond

Relevant professional  
qualification(s) or body  
(if any):

ICAEW ACA BFP

Address:

12 Lambton Court, Peterlee, SR8 1NG

**Section B**

**Disclosure**

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

**Give here brief details of any items that the examiner wishes to disclose.**