

NUTSHELL

England & Wales · Charity number 1206638

Details

Other names NUTSHELLMHS

Status Registered

Legal form CIO

Registered 2024-01-22

Register [View on the Charity Commission register](#)

Contact

Address 2 Infirmary Street
Leeds
LS1 2JP

Phone 07738538223

Email info@nutshell.me.uk

Website <https://nutshell.me.uk>

Activities

Objects: THE OBJECTS OF THE CIO ARE:FOR THE PUBLIC BENEFIT TO RELIEVE THE NEEDS OF THE FAMILIES OF PEOPLE WHO HAVE TRANSITIONED OR ARE TRANSITIONING (CHANGING THEIR GENDER IDENTITY), OR ARE IN SIMILAR SITUATIONS SUCH AS GENDER FLUID OR NON-BINARY SCENARIOS, BY MEANS OF:• FUNDING AND ORGANISING MENTAL HEALTH SUPPORT VIA QUALIFIED THERAPISTS;• PROVIDING PRACTICAL INFORMATION AND ADVICE.

Classification

- **How:** Provides Services
- **What:** Disability
- **Who:** Children/young People, Elderly/old People, Other Defined Groups

Geography

- Throughout England

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-03	£13,576	£3,517	-	-

Trustees

Name	Role	Appointed
Kitty Wright	Chair	2024-01-22
GERARD DANGERFIELD KEANE		2024-01-22
Hayley Riches		2021-02-02
KAREN OMER		2024-01-22
Lucy Bradbury		2024-01-22
Nicky Wright		2021-02-02

NUTSHELL

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Accounts

Annual Report

Charity Details

Name of charity: Nutshell

Registration number: 1206638

Address: 22 Christ Church Oval, Harrogate, HG1 5AJ

Names of Trustees: Hayley Riches

Gerard Dangerfield Keane

Karen Omer

Nicky Wright

Lucy Bradbury

Kitty Wright

Structure and Governance

Nutshell has a Chairperson (Kitty Wright), a treasurer (Nicky Wright) and a secretary (Karen Omer). The trustees have 3 trustee meetings a year and an Annual General Meeting .

At these meetings the achievements and goals of the charity are understood and agreed by the trustees.

The bank account is with Barclays and all income and expenditure is visible and is shared with all the trustees.

Objectives and Activities

We offer mental health support to the family members of trans and non-binary people.

We find AND fund therapy with one of our highly qualified therapists. Therapy can be received online or in person.

We use our platform to educate and raise awareness around transgender.

Achievements and Performance

During the last year 15 families have been supported with therapy and 5 of those have been in the last four months. The feedback from people helped has been very positive.

There have been 5 significant business sessions with businesses which increases awareness and support.

The charity has asked to and work with a major clothing brand to advertise their 2025 Pride clothing campaign which increased prominence and also Nutshell received directly a share of all sales generated .

Public benefit Statement

Nutshell exists to ensure mental health therapy is available for families so they can become more informed and better able to manage change in their own lives resulting from change in the lives of the people they love.

To fill the gap.

Our experience as a family highlighted the lack of support and information available for us (Lucy and Kitty) as crucial passengers in Nicky's journey.

Nutshell is here as a space for those also on the journey. Nutshell stands with and supports the charities and organisations doing incredible work for the transgender community.

Financial Review

Income

Donations and grants £13576

Expenditure

Direct Costs (therapists) £2785

Admin (IT & insurance) £732

Bank Balance as at 26/9/2025 £10021