

# ENLIGHTEN THE SHADOWS

England & Wales · Charity number 1209051

## Details

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**Other names** ETS

**Status** Registered

**Legal form** CIO

**Registered** 2024-07-09

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

## Contact

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**Address** 2a Kingsway  
Kirkby-In-Ashfield  
Nottingham  
NG17 7BD

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**Email** [enlightenthesh1@gmail.com](mailto:enlightenthesh1@gmail.com)

**Website** <https://www.enlightentheshadows.org>

## Activities

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**Objects:** THE OBJECTS OF THE CIO ARE FOR THE PUBLIC BENEFIT, THE RELIEF OF PEOPLE IN NEED IN THE UK WHO MAY BE EXPERIENCING OR AT RISK OF EXPERIENCING POOR MENTAL HEALTH, BY MEANS OF, BUT NOT EXCLUSIVELY:3.1. PROVIDING EARLY INTERVENTION OPPORTUNITIES FOR PEOPLE TO WORK ON THEIR MENTAL HEALTH;3.2. INCREASING AWARENESS OF, AND REDUCING THE STIGMA ATTACHED TO, MEN'S MENTAL HEALTH;3.3. CREATING CONTENT, EVENTS, PARTNERSHIPS AND EXPERIENCES THAT ENCOURAGE PEOPLE TO SHARE THEIR OWN INNER STRUGGLE IN A FRIENDLY AND SUPPORTIVE ENVIRONMENT.

## Classification

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- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** Other Defined Groups, The General Public/mankind

## Geography

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- Throughout England And Wales

## Finances

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Period end	Income	Expenditure	Assets	Employees
2025-03-31	£24,791	£20,409	-	-

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## Trustees

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Name	Role	Appointed
Graham Lynk		
Nathan Sharpe		2025-06-03
Rory Green		
Victoria Waring		