



AUTHORS
BOARD OF TRUSTEES

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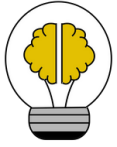
ANNUAL REPORT & FINANCIAL ACTIVITIES

2024/2025 FINANCIAL YEAR



ENLIGHTEN THE SHADOWS IS A REGISTERED CHARITY IN ENGLAND & WALES
#1209051

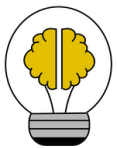
CONTENT



01

LEGAL / ADMINISTRATIVE INFO

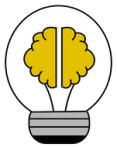
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02

TRUSTEES REPORT

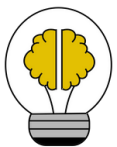
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03

STATEMENT OF FINANCIAL ACTIVITIES

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FINANCIAL STATEMENTS- NOTES

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01 **LEGAL / ADMINISTRATIVE INFO**

ENLIGHTEN THE SHADOWS started registration as a Charitable Incorporated Organisation on July 9th 2024. It was already putting into place practices before registration, as if it were a registered charity in England and Wales. Below is the list of people committed to our objectives within this past financial year.

TRUSTEES

MARK BELLAMY - Co Chair

VICTORIA WARING - Co Chair

RORY GREEN

STEPHEN ROSE

GRAHAM LYNK

JULIE LYNK

SENIOR VOLUNTEERS

RORY GREEN

STEPHEN ROSE

CHARITY NUMBER & BANKING

#1209051 | LLOYDS BANK PLC, 25 GRESHAM STREET, LONDON, EC2V 7HN

REGISTERED OFFICE

2A Kingsway
Kirkby in Ashfield
Nottinghamshire
NG17 7BD



02 **TRUSTEES REPORT**

ENLIGHTEN THE SHADOWS believes that no person and no group is untouchable. In the current economic climate, it has been really tough on the nation. The impact of; Covid, the War in Ukraine, Energy Bills, and the Cost of Living Crisis has put a massive burden on every family, and local community. The third sector has been hit and funding has been hard to come by, in comparison to pre-pandemic years (2020-22).

Despite this reality, we knew one thing that would not subside, and that is the socio-economic strain on people's lives. Enlighten The Shadows entered our first year with a stable resource, due to the overwhelming generosity of the public. The ground work of supporting men online, and eventually in person, enabled traction and support to recognise the free help to men's mental health we have provided.

More notably, we centered our presence in the heart of the Nottinghamshire's mining communities. Ashfield, Mansfield, and Bassetlaw have higher suicide rates in men in comparison to the south of the county. After support given to the Lynk family, who were tragically bereaved by the late Sean Lynk, the Ashfield community bravely responded. Enlighten The Shadows are committed to further Sean Lynk's legacy to prevent male suicide. We set up our home office at the heart Kirkby in Ashfield, behind his favourite pub thanks to the phenomenal generosity of the general public.

KEY INSIGHTS

- Opening Balance: £6,144.62 from Charity' Registration, July 9th 2024
- Total Income: £24,790.70 from July 9th 2024 to March 31st 2025
- All Gross Income was Unrestricted from Donations and Fundraisers
- Reserves Policy Mandated: MINIMUM of £5,000 in the Charity's Account.
- Comply with UK legal and regulatory requirements.



TRUSTEES REPORT CONT.

The annual report and financial statements from the charity's registration July 9th 2024 to the year ending March 31st 2025 are presented in this pack by Enlighten The Shadows' Trustees.

Our financial statements have been prepared in accordance with our accounting governance and comply with the charity's governance and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard.

In relation to the Enlighten The Shadows' Constitution, we ensure every bit of our service falls under our **three objectives** agreed by the Charity Commission upon registration.

OUR OBJECTIVES

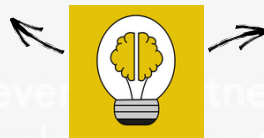
The objects of the CIO are for the public benefit. The relief of people in need in the UK, who may be experiencing or at risk of experiencing poor mental health, by means of, but not exclusively:

1. Providing **early intervention opportunities** for people to work on their mental health;
2. Increasing **awareness** of, and **reducing the stigma** attached to, men's mental health;
3. Creating; **content, events, partnerships and experiences** that encourage people to share their own inner struggle in a friendly and supportive environment.



PROVIDE

INCREASE



CREATE



02 **TRUSTEES REPORT CONT.**

OUR ACTIVITIES

- 635 Men supported directly in our in person groups (July '24 - March '25).
- 780 Men supported indirectly within online private group (July '24 - March '25).
- x2 local in-person support groups continued to run. (July '24 - March '25).
- x2 NEW local, in-person support groups continued to run. (July '24 - March '25).

- **Seans Group:** We had around 100 men access our first ever group in this financial period. This is a special one close to our hearts. Set up and risk assessed to be in Sean Lynk's favourite pub, The Dog House, Kirkby in Ashfield. The pub specially opens up for us and we have seen significant interventions and lives saved from this innovative idea that really breaks down the barriers for men to receive any mental health support. This group takes place on the last Monday of each month 7pm-9pm.



02 **TRUSTEES REPORT CONT.**

OUR ACTIVITIES CONT.

- 635 Men supported directly in our in person groups (July '24 - March '25).
 - 780 Men supported indirectly within online private group (July '24 - March '25).
 - x2 local in-person support groups continued to run. (July '24 - March '25).
 - x2 NEW local, in-person support groups continued to run. (July '24 - March '25).
- **Come For a Kickabout:** We had around 465 men access our football group. This group was set up in partnership with Mansfield Town Football Club's Community Trust. Like all of our other groups, this is a free service. A 60 minute kick about, with an intentional chat session afterwards for 30 minutes. Come For a Kickabout attracts around 15 men each week from all ages, abilities and walks of life. It's improved physical fitness of multiple men and significantly improved their mental health. The group is every Monday night apart from the last Monday, (For Sean's Group), 6:30pm - 8:00pm.



02 **TRUSTEES REPORT CONT.**

OUR ACTIVITIES CONT.

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- 780 Men supported indirectly within online private group (July '24 - March '25).
- x2 local in-person support groups continued to run. (July '24 - March '25).
- x2 NEW local, in-person support groups continued to run. (July '24 - March '25).

- **Come For a Run:** One of our volunteers Nathan, who joined ETS after accessing support through Come For a Kickabout had a creative idea. By January 9th 2025, Come For a Run became a new support group. It occurs every Thursday night: 6:15pm - 7:00pm. A 30 minute 'there and back,' run or walk occurs where no man is left behind. Due to the side by side interactions, much success occurs in men offloading, whilst getting fresh air exercising. This group has had around 55 men attend. We can see its direct benefit and we aim to stick at it to see the group flourish further into the next few years.

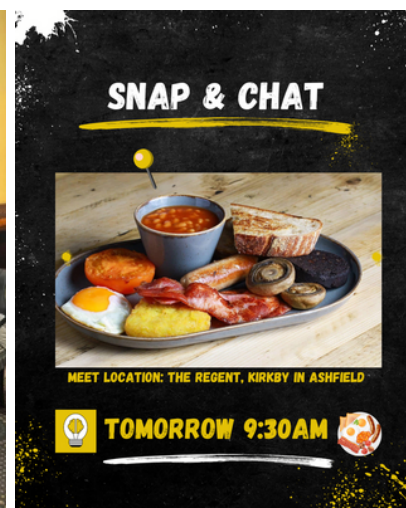


02 **TRUSTEES REPORT CONT.**

OUR ACTIVITIES CONT.

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- x2 local in-person support groups continued to run. (July '24 - March '25).
- x2 NEW local, in-person support groups continued to run. (July '24 - March '25).

- **Snap & Chat:** After gaining momentum in the community, we could see a need for men to chat in the mornings. A local Pub, The Regent, Kirkby in Ashfield, helped provide the facilities with a 10% discount off breakfast. Snap and Chat was held the first Saturday of each month. It supported around 15 men for the three occurrences. Due to volunteer time, we've had to postpone the group in due process to ensure we enable self care and family time. We aim to re-start this group again in the future as it was a success in preventing some men from loneliness and a good escape to share their battles.



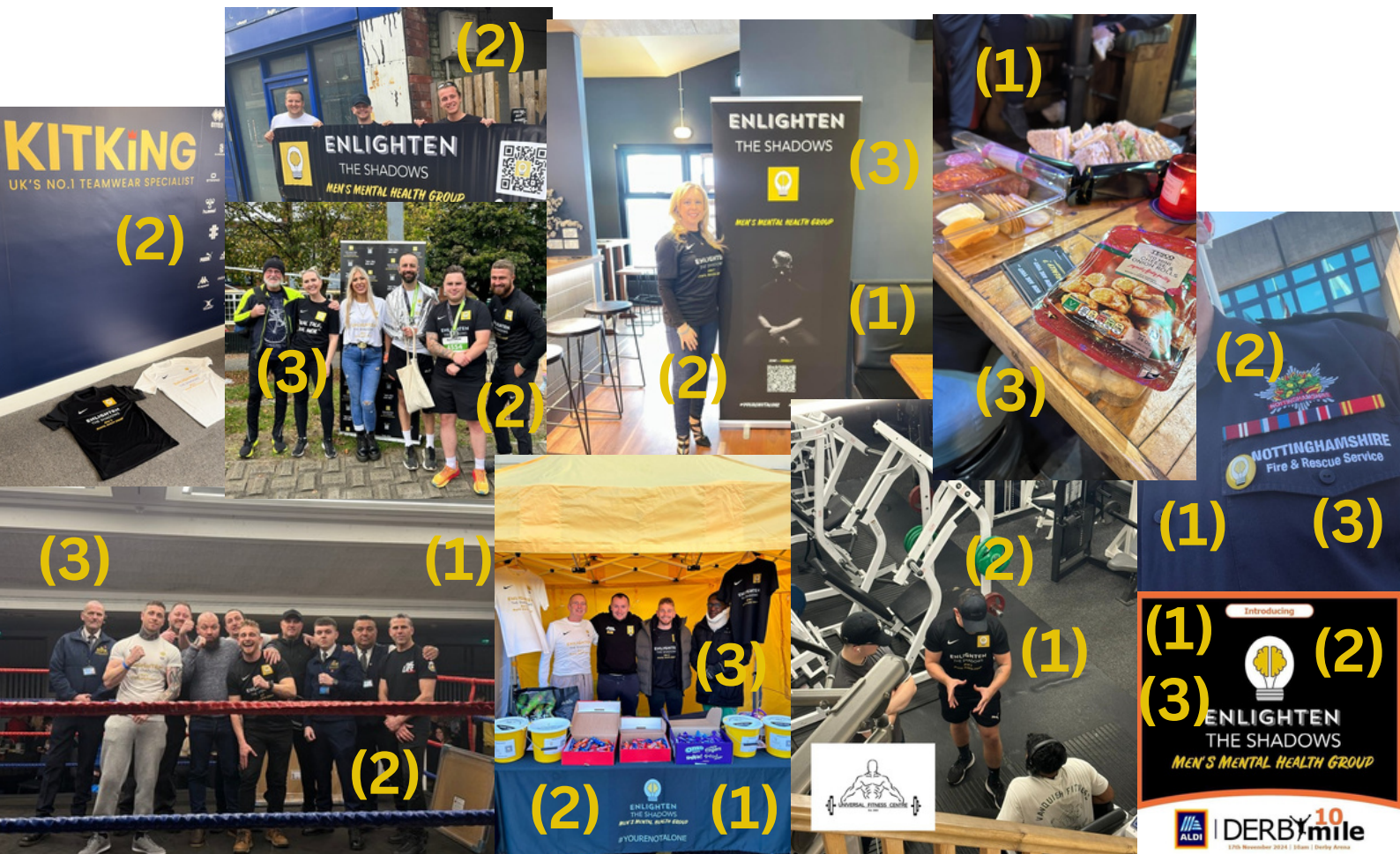
02 **TRUSTEES REPORT CONT.**

ACHIEVEMENTS & PERFORMANCE

We monitor our performance carefully in line with our three objectives, everything we do must fall within these objectives. Below are major milestones of achievements and performance consisting many photos and memories of the period.

KEY PERFORMANCE INDICATOR (x3 Enlighten The Shadows objectives):

- (1)** Providing early intervention opportunities for people to work on their mental health;
- (2)** Increasing awareness of, and reducing the stigma attached to, men's mental health;
- (3)** Creating; content, events, partnerships and experiences that encourage people to share their own inner struggle in a friendly and supportive environment.



ENLIGHTEN THE SHADOWS ANNUAL REPORT & FINANCIAL ACTIVITIES



02 TRUSTEES REPORT CONT.

ACHIEVEMENTS & PERFORMANCE CONT.

KEY PERFORMANCE INDICATOR (x3 Enlighten The Shadows objectives):

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Rocker Fellas

Fri 06-Dec-2024 7:30pm - 9:30pm

ENLIGHTEN THE SHADOWS ANNUAL REPORT & FINANCIAL ACTIVITIES



ACHIEVEMENTS & PERFORMANCE CONT.**KEY PERFORMANCE INDICATOR LISTED EVENTS IN THE PREVIOUS PICTURES:**

The Trustees wanted to 'paint a picture,' of some of the achievements over the period July 9th 2024 to March 31st 2025.

We cannot thank the public enough for the overwhelming support and the amount of fundraisers. The published pictures are listed below, and we believe strongly each and every activity has matched that which we set out to do within our constitution.

- Nike T-Shirts Campaign KitKing
- ETS Banner Bee Noticed
- Robin Hood Half Marathon
- Jess Lynk Australia Fundraiser
- Derby 10 Mile Event
- White Collar Boxing Event Mansfield
- Tranquil Waters Away Day
- ETS Rep at Disneyworld Florida
- Stapleford Fire Station Outreach
- Sean's Group Christmas Do
- ETS Brand Pens, Keyrings, Posters
- Church Christmas Event
- ETS Beer Mats
- Jolly Boys Day Out Skegness
- Nags Head Fundraiser

Every month we aim to further our mission. One of our biggest costs each month is the home of the Charity. We are extremely grateful for the rent agreement with the landlord over this period for our ETS Office. The Board of Trustees want to publicly honour our landlord for being extremely generous by renting the office for £550.00 each month, despite the current financial climate stated at the beginning of the report.

RISK FACTORS & RESERVES POLICY

After much discussion and strategical oversight over the first 6 months of our registration the Board of Trustees made the decision in the early Spring 2025 in an official meeting to pass through our reserves policy. We enabled this protection of restriction for the charity to be in stable position irrespective of external pressures. The Board of Trustees unanimously voted a £5000 reserve to be installed. We assessed spend and volunteer's capacity to support men without any unnecessary burden. Ongoing assessment is being monitored, but difficult to understand in yr1.



03 **STATEMENT OF FINANCIAL ACTIVITIES**

INCOME AND EXPENDITURE

FOR THE PERIOD: JULY 9th 2024 to MARCH 31st 2025

INCOME FROM:	Unrestricted Funds £	Restricted Funds £	TOTAL £
Donations and Fundraising	24,085.33	-	24,085.33
Charitable Activities	705.35	-	705.35
Total Income	24,790.68	-	24,790.68
EXPENDITURE ON:			
Charitable Activities	20,409.11	-	20,409.11

The statement of financial activities from July 9th 2024 to year ending March 31st 2025 are recorded above. In regards to all gains and losses, the trustees have identified a discrepancy regarding a volunteer who is currently under investigation. We will fully update conclusions/ findings, as soon as practicable in the next annual report. The Charity Commission is fully aware of this process and are supportive of all our actions and reporting to date.

MITIGATION OF FUTURE RISKS AND BOARD OF TRUSTEE RECRUITMENT

Moving into the next financial year, the board of trustees have identified and worked on growth/improvement strategies including; improvement of governance, quality assurance, high challenge/high support, increased audits, and policy improvement. In Enlighten The Shadows' first year we are so encouraged by our impact but appreciate the reality of any new charity's birth pains. It is a journey we have embraced and will continue to produce reflective practice(s), as well as strength based practice(s)



04 **FINANCIAL STATEMENTS- NOTES**

INCOME

FOR THE PERIOD: JULY 9th 2024 to MARCH 31st 2025

INCOME FROM:	TOTAL
	£
Donations	
JUST GIVING	209.11
PAYPAL	1020.00
SQUARE BLOCK ETS CARD READER	217.08
VARIOUS DONATIONS < £500	946.70
*MR WIBBERELY (ERROR)	5000.00
	7392.89
Fundraisers	
JUST GIVING	4991.68
Sponsored Spin	1232.95
Ashfield DC Cllr Grounds	2000.00
J Lynk Aus	950.00
G Lynk Bike Ride	2584.43
G Lynk Bike Ride	958.01
Long Eaton Mess FC	320.00
Nags Head C Davis	2970.37
T & E Robin Hood Half Marathon	575.00
M Leighton	100.00
L Giles Raffle	10.00
	16,692.44
Activities /Events	
LS Boxing	40.00
CD Boxing	200.00
Hotel Booking	55.35
Enterprise	400.00
Dunhlem	10.00
	705.35



04 **FINANCIAL STATEMENTS- NOTES** **CONT.**

INCOME

FOR THE PERIOD: JULY 9th 2024 to MARCH 31st 2025

TOTAL INCOME FROM:	TOTAL £
Donations	7392.89
Fundraisers	16,692.44
Activities/Events	<u>705.35</u>
GROSS INCOME	24,790.68

EXPENDITURE

FOR THE PERIOD: JULY 9th 2024 to MARCH 31st 2025

EXPENDITURE FROM:	TOTAL £
Activities/Events	4105.33
Consultancy Fees	-
Equipment, Repairs and Renewals	1242.50
Fundraising and Publicity	52.00
Gifts and Donations	5395.00
Insurance	203.64
Legal and Professional	-
Printing and Stationary	1122.45
Rent and Services	6535.45
Merchandise	282.30
Sundry	-
Telephone, Internet, and Postage	514.59
Travel Expenses	<u>955.85</u>
GROSS EXPENDITURE	20,409.11

END



This is a very basic spreadsheet system, but it does still require a little knowledge of how spreadsheets

This is a Cash based system - nothing fancy. **Just record what actually happened** in the accounts yo

To start, put your name and the accounting year in the top left boxes of the current account sheet. Ther
For each account, you need to record the basic details in columns A to G - the date, who you paid, wh
Then enter (total or a split) the same number in one of the columns to the right - this provides the basic
Funds may be restricted eg "The Youth Project" or "Outreach Project" , but most transactions will be for
Try to avoid creating too many funds or columns.

The yellow total boxes at the bottom of each sheet should be checked regularly to ensure you have rec
You must also check this sheet against your bank and other statements regularly

To use this you may need to:

1. Create new sheets for other bank accounts or petty cash floats if you have more than one
2. Add more rows to a sheet, ensuring the formulas are copied down to each new row.
- 3 Add, delete or edit the column headers to suit your organisation.

We suggest you ask colleagues or use google to find out how to do things.

Row 4 has filters inserted - experiment with this . It allows you to filter out certain groups of transactions

Finally, because we want you to be able to edit this workbook, it is not protected so do make a back up

Good luck.

Designed and shared for free by Community Accounting Plus

www.caplus.org.uk

work.

u have

1 on each sheet enter the opening balance in the blue box
at for and which fund it relates to
analysis.

- your 'General fund'

orded everything.

s - eg all expenses for a specific fund.

a copy regularly and keep it safe.

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Figure 1 illustrates the experimental setup. A participant is seated at a table, looking at a video screen. On the screen, a starting point (a large circle) and a target (a small circle) are visible. The participant's hand is positioned at the starting point. The video screen is connected to a computer system. The computer system is labeled 'Computer' and 'Video screen'. The participant is labeled 'Participant'. The starting point is labeled 'Starting point' and the target is labeled 'Target'.

