



Evening Reflections Bereavement Group

Trustees' Annual Report

Year ended 30th June 2025

The Trustees are pleased to present their annual report and financial statements for the year ended 30th June 2025.

Trustees' Annual Report for the period							
Period Start Date				Period End Date			
	Day	Month	Year		Day	Month	Year
From	16	07	2024	To	30	06	2025

ADMINISTRATION DETAILS

Charity Name:	Evening Reflections Bereavement Group
Charity Registration Number:	1209142
Charity Registered Address:	56 Woodcotes Shoeburyness Southend-on-Sea SS3 8XH
Trustee Names:	Amanda Wilkinson Lynsay Pratt Sarah Blackie Alison Morris

STRUCTURE, GOVERNANCE AND MANAGEMENT

Type of governing document:	The charity is governed by a constitution adopted on 14th May 2024.
How the charity is constituted:	The charity is constituted as a Charitable Incorporated Organisation (CIO), registered with the Charity Commission for England and Wales.
Trustee selection methods:	New trustees are appointed by the existing trustees in accordance with the procedures set out in the charity's constitution.

OBJECTIVES AND ACTIVITIES

Charitable Purpose:	To provide a service beneficial to the community within Southend and the
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	surrounding area in order to relieve the mental and physical distress of those who are experiencing bereavement or loss.
Summary of the main activities in relation to these objects:	- Providing a safe space for individuals to express their feelings without judgement - Sharing experiences to allow individuals to connect with others who understand their grief - Providing coping strategies in the form of tools and techniques to navigate the grieving process to help manage emotions and adjust to life after loss - Normalising grief by validating the range of emotions experienced after loss and reassuring individuals that their feelings are common and understandable - Facilitate healing through shared stories, mutual support and the opportunity to speak with a trained professional upon appointment to the group - Building a support network by connecting with other local groups to create a sense of community and signpost individuals to other services which may benefit them
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit:	The Trustees confirm that they have had due regard to the guidance issued by the Charity Commission on public benefit when reviewing the charity's aims and objectives and in planning its activities for the year.

ACHIEVEMENTS AND PERFORMANCE

During its first year of operation, Evening Reflections Bereavement Group made a significant and positive impact on individuals coping with grief and loss in Southend and the surrounding areas.

The group held twice-monthly sessions, providing a supportive and non-judgmental environment where attendees could share their experiences and receive guidance.

In total, there were 401 attendees across all sessions, including 63 new participants who accessed the service for the first time demonstrating growing community reach and awareness.

On average, 20 individuals attended each session. The meetings were either led by a qualified therapist (13 sessions) or featured guest speakers (8 in total) from other local organisations. These speakers offered valuable insights, shared practical coping strategies, and introduced tools and techniques for managing stress, anxiety, and emotional wellbeing. Many of the speakers also represented services that attendees could access for further support, helping to build a strong local network of care.

In addition to group sessions, the charity provided 64 in-house therapy sessions for individuals needing one-to-one support. These sessions allowed for deeper engagement and personalised guidance for those experiencing complex grief or heightened emotional distress.

Evaluative feedback collected from participants indicated:

- A 32% reduction in reported feelings of isolation
- A 21% improvement in emotional wellbeing
- A 90% uptake in accessing external or additional support resources introduced through the group

These outcomes clearly demonstrate the effectiveness of Evening Reflections' approach in addressing both the emotional and practical needs of bereaved individuals. The charity has also helped foster community resilience, reduced stigma around grief, and strengthened collaboration with other local services.

FINANCIAL REVIEW

The charity was officially registered on 16th July 2024, and this report covers the financial period from that date through to 30th June 2025. However, prior to registration, the group was established in June 2024 and received initial funding and support that resulted in a surplus being carried into the reporting period.

Specifically, the group received:

- £156.00 from Dignity Funerals Ltd
- £2,993.50 from the Community Investment Board

In addition, donations from group attendees were collected during June and early July 2024, and funds were used to cover essential start-up costs including hall hire and insurance.

These transactions occurred prior to the charity's official registration and therefore fall outside the formal reporting period. However, the resulting surplus was carried forward and is reflected in the opening balance as of 16th July 2024. This explains

why the financial statements for the year show an opening balance that does not match the income received during the reporting period.

During the reporting period itself (16th July 2024 to 30th June 2025), all income and expenditure have been recorded in line with the charity's objectives. The trustees are satisfied that the funds both pre- and post-registration have been used appropriately, and that the charity remains in a secure financial position with effective controls in place.

Total income for the reporting period was £7887.81, received through a combination of:

- Further funding from the Community Investment Board
- Contributions from Dignity Funerals Ltd
- Ongoing donations from group attendees

Total expenditure amounted to £4,374.82, covering key operational costs such as venue hire, insurance policies, therapy services, guest speakers, and events.

The charity ended the period with reserves of £3,512.99, which the trustees consider sufficient to sustain the charity's core activities over the coming months.

The accounts have been prepared on a receipts and payments / accruals basis in accordance with the Charity Commission's guidance for small charities.

The Trustees continue to monitor the financial position closely to ensure the charity's long-term sustainability.

DECLARATIONS

The trustees declare that they have approved the trustees' report above. Signed on behalf of the charity's trustees.

Signature(s):




Full name(s):

Amanda Wilkinson

Lynsay Pratt

Position:

Trustee / Co-Chair

Trustee / Co-Chair

Date:

20/07/2025

20/07/2025

Trustee ERBG Financial Summary 2024-2025

Financial Year 2024-2025	July 2024	August 2024	September 2024	October 2024	November 2024	December 2024	January 2025	February 2025	March 2025	April 2025	May 2025	June 2025	Annual Total
■ FIXED INCOME													
Donations	£33.50	£20.00	£29.00	£56.00	£43.00	£32.00	£65.00	£27.00	£45.00	£66.00	£36.00	£0.00	£452.50
Southend CIB Investment (Annual)	£2,993.50	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£5,623.00	£8,616.50
Tanners Funeral Directors (Dignity Funerals Ltd) Funding (Monthly)	£0.00	£156.00	£156.00	£156.00	£156.00	£156.00	£156.00	£156.00	£156.00	£156.00	£156.00	£156.00	£1,716.00
Virgin Money Bank Account cashback	£0.00	£0.39	£0.12	£0.97	£0.19	£1.28	£0.82	£0.00	£0.24	£0.17	£0.44	£0.19	£4.81
Festive Afternoon Tea deposits	£0.00	£0.00	£0.00	£0.00	£10.00	£90.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£100.00
Refunds	£0.00	£0.00	£0.00	£0.00	£0.00	£6.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£6.00
TOTAL	£3,027.00	£176.39	£185.12	£212.97	£209.19	£285.28	£221.82	£183.00	£201.24	£222.17	£192.44	£5,779.19	£10,895.81
■ FIXED EXPENDITURE													
Hall Hire	£28.00	£56.00	£56.00	£56.00	£56.00	£56.00	£56.00	£56.00	£56.00	£56.00	£56.00	£142.00	£730.00
Personal Liability and Indemnity Insurance	£24.64	£12.32	£12.32	£12.32	£12.32	£12.32	£12.32	£12.32	£12.32	£12.32	£0.00	£0.00	£123.20
Counsellor	£90.00	£180.00	£180.00	£180.00	£180.00	£180.00	£180.00	£180.00	£180.00	£180.00	£180.00	£180.00	£2,070.00
TOTAL	£142.64	£248.32	£248.32	£248.32	£248.32	£248.32	£248.32	£248.32	£248.32	£236.00	£236.00	£322.00	£2,923.20
■ MISC. EXPENDITURE													
Refreshments	£11.43	£1.65	£14.11	£20.90	£5.45	£123.19	£19.40	£13.40	£4.70	£16.50	£3.40	£38.70	£272.83
Stationery	£5.09	£0.00	£0.00	£9.25	£7.99	£0.00	£0.00	£0.00	£30.44	£5.89	£0.00	£16.28	£74.94
Advertisement	£0.00	£22.77	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£22.77
Wellbeing Packs	£98.08	£24.39	£19.85	£0.00	£0.00	£0.00	£0.00	£36.07	£16.01	£0.00	£20.00	£0.00	£214.40
Guest Speaker	£0.00	£25.00	£6.75	£25.00	£0.00	£0.00	£0.00	£0.00	£15.25	£54.25	£0.00	£0.00	£128.25
Meetings/AGM	£0.00	£0.00	£0.00	£0.00	£0.00	£10.55	£0.00	£0.00	£0.00	£44.40	£49.65	£75.41	£180.01
Group Outings	£0.00	£0.00	£250.00	£0.00	£350.00	£66.25	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£866.25
Raffle Prizes	£0.00	£0.00	£0.00	£0.00	£0.00	£44.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£44.00
TOTAL	£114.60	£73.81	£290.71	£55.15	£363.44	£243.99	£19.40	£49.47	£66.40	£121.04	£73.05	£130.39	£1,601.45
■ SUMMERY													
Opening Balance	£113.00	£2,882.76	£2,737.02	£2,383.11	£2,292.61	£1,890.04	£1,683.01	£1,637.11	£1,522.32	£1,408.84	£1,273.97	£1,157.36	
Monthly Income	£3,027.00	£176.39	£185.12	£212.97	£209.19	£285.28	£221.82	£183.00	£201.24	£222.17	£192.44	£5,779.19	£10,895.81
Monthly Expenditure	£257.24	£322.13	£539.03	£303.47	£611.76	£492.31	£267.72	£297.79	£314.72	£357.04	£309.05	£452.39	£4,524.65
CLOSING BALANCE	£2,882.76	£2,737.02	£2,383.11	£2,292.61	£1,890.04	£1,683.01	£1,637.11	£1,522.32	£1,408.84	£1,273.97	£1,157.36	£6,484.16	