ENDING LIFE'S TABOO

REPORT OF THE TRUSTEES
FOR
PERIOD 1 JANUARY 2025 TO 31 DECEMBER 2025

The trustees present their report and the financial statements of the charity for the year ended 31 December 2025.

The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (Charities SORP (FRS 102)).

Objectives and Activities

Objectives and aims

For the public benefit, to relieve the mental health and suffering of (i) adults aged 18 to 45 years old in the areas it serves who are diagnosed as having an incurable, life shortening condition with specialist palliative care needs; and (ii) their carers by providing psychological support to help improve their psychological and emotional wellbeing.

Significant Activities

Ending Life's Taboo continues to work in partnership with acute NHS settings, hospices and other charities to be able to offer adult patients up to 45 years old diagnosed with a life shortening illness, rapid access to a palliative care counsellor fulfilling an identified gap in mental wellbeing support in this area of health service within North East Essex and East Suffolk.

During the year of 2025 Ending Life's Taboo has continued to work collaboratively and has been a member of the following multi agency groups supporting our aim to improve the life and end of life for those living with life shortening illnesses:

- Fundraiser's Network Group
- Macmillan Community Voices Partnership
- SNEE Cancer Personalised Care Steering Group
- Compassionate Communities Steering Group Meeting
- Directory of Social Change
- Libitina CIC

Public Benefit

The trustees confirm that they have had regard to the guidance issued by the Charity Commission on public benefit.

Achievements and Performance

Charitable Activities

Ending Life's Taboo has continued to address a gap in mental health provision within the acute setting by maintaining rapid access to counselling for young people living with life shortening illnesses across North East Essex and East Suffolk.

Counselling continues to be delivered in a flexible manner, making effective use of technology where appropriate. The service remains patient-led, with no restrictions on the frequency or number of sessions, and service users do not require a professional re-referral if they wish to re-engage with counselling. Ending Life's Taboo has continued to meet its target of making contact within one week of referral.

Referrals continue to be received primarily from NHS Palliative Care Teams and Cancer Nurse Specialists at both hospitals. However, referrals have also been received through self-referral via the website, as well as from local hospices, GPs, Essex Partnership University NHS Foundation Trust (EPUT), and cancer charities. The number of people accessing the service has decreased slightly and continues to comprise a mix of both patients and family members (carers).

Challenges have been experienced this year in relation to recruitment following the resignation of a counsellor who had been seconded from a local hospice. Unfortunately, due to the funding difficulties currently faced by hospices, neither local hospice was able to provide a replacement seconded counsellor. In response, the trustees reviewed the existing model of service delivery and introduced changes to strengthen service resilience and support future counsellor succession planning.

During 2025, a volunteer counsellor was successfully recruited.

Ending Life's Taboo works closely with, and continues to strengthen links with, other organisations, particularly hospices and cancer charities, throughout East Suffolk and North East Essex. This collaborative approach enables professionally trained staff to deliver high-quality counselling and facilitates caseload triage between organisations, ensuring that individuals who meet Ending Life's Taboo's criteria can access counselling rapidly and avoid joining a waiting list.

This financial year, grants have been secured from:

Restricted

• Tudwick Foundation (Brought Forward from 2024)	£2,104
• Saffron Walden Building Society	£3,000
• Acorn Fund	£3,000
• East of England Co-op Community Cares (Essex)	£2,000
• Suffolk Giving Grant	£2,000
• Beckett Health and Wellbeing Grant Making	£2,000
• Ellison Grant Making	£2,125
• Denbury Charitable Grant Giving	£2,000
• East of England Co-op Community Cares (Suffolk)	£3,000
• Harwich Haven Authority Grant Making	£3,000
	£24,229

Unrestricted

• Grass Roots (Brought forward from 2024)	£2,000
• Foyle Foundation	£3,000
• Lords Group	£3,000
	£8,000

In the Annual Report 2024 future plans included:

- Increase awareness with the Primary Care Networks in the North East Essex and East Suffolk areas
  This is currently ongoing as a future plan.
- Offer services to West Suffolk
  Offered during 2025 and some referrals have been received.
- Develop relationships with corporate partners/sponsors
  Lords Group granted £3000 and named Ending Life's Taboo as their charity partner of the year.
- Develop a team of active fundraisers
  This continues to be an action for 2025.
- Offer anticipatory grief skills training to counsellors in the local and national communities
  The process of working towards designing a quality anticipatory grief skills training (working with young adults 18 to 45 years) for counsellors and psychotherapists commenced in 2025.
- Continue to work toward financial sustainability by increasing:
  - Public donations
    Public donations significantly increased during 2025
  - Fundraising events
  - Corporate sponsorship

Financial Review

Financial Position

Grants and donations have been secured to support the stated aims and objectives going into the next financial year. As at 31 December 2025 the carry forward balance is £24,301; the carry forward includes restricted funds as follows:

- East of England Co-op Community Cares Fund (Suffolk) £1,812
- Harwich Haven Authority Grant Making £3,000

£4,812

Reserves Policy

The reserves policy is to maintain sufficient funds to cover on-going commitments and at a level that considers external and inflationary pressures.

Corporate Sponsorship

Ending Life's Taboo received sponsorship from the following Corporates:

- Direct Heating ELT chosen as 'charity of the year'

Future Plans

Over the coming year Ending Life's Taboo will:

- Increase awareness with the Primary Care Networks in the North East Essex and East Suffolk areas
- Increase referrals from Ipswich Hospital during 2026 following recruitment of counsellor
- Continue to work toward financial sustainability by increasing:
    - Public donations
    - Fundraising events
    - Corporate sponsorship
- Deliver a Specialist Skills Counselling Training Pilot, evaluate, and once refined apply for CPD accreditation
- Continue to develop team of fundraisers
- Develop 3 year strategic plan to ensure succession planning, recruitment of CEO, review SWOT, to ensure growth and sustainability
- Implement quantitative outcomes measure alongside current qualitative outcomes measure

Structure, Governance and Management

Governing Document

Ending Life's Taboo is controlled by its governing document, Constitution of a Charitable Incorporated Organisation whose only voting members are its charity trustees.

Recruitment and Appointment of New Trustees

In accordance with the governing document:

Appointment of charity trustees

1 Apart from the first charity trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees.

2 In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

Information for new charity trustees

The charity trustees will make available to each new charity trustee, on or before his or her first appointment:

a) a copy of the current version of this constitution; and

b) a copy of the CIO's latest Trustees' Annual Report and statement of accounts.

Approved by order of the board of trustees on 3 September 2026 and signed on its behalf by:

Hariet Roe

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H Roebuck - Chair of Trustees

REGISTERED NUMBER: 1194537 (England and Wales)

UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2025

FOR

ENDING LIFE'S TABOO

Breese Accountancy
The Brambles
40 Tey Road
Coggeshall
Colchester
CO6 1SY

ENDING LIFE'S TABOO (REGISTERED NUMBER: 1194537)

CONTENTS OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2025

	Page
Charity Information	1
Statement of Financial Activites	2
Statement of Financial Position	3
Notes to the Statement of Financial Activites and Position	4
Report of the Accountants	5
Detailed Statement of Financial Activites	6

ENDING LIFE'S TABOO

CHARITY INFORMATION
FOR THE YEAR ENDED 31DECEMBER 2025

TRUSTEES:	Dr H Roebuck Dr D Bonanno T L Davies T L K Jolin L Goodwyn
REGISTERED OFFICE:	68 West Street Coggeshall Colchester Essex CO6 1NS
REGISTERED NUMBER:	1194537 (England and Wales)
ACCOUNTANTS:	Breese Accountancy The Brambles 40 Tey Road Coggeshall Colchester CO6 1SY

ENDING LIFE'S TABOO (REGISTERED NUMBER: 1194537)

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2025

	Restricted	Unrestricted	Total
	£	£	£
INCOME			
Donations and Legacies	0	21,957	
Grants	22,125	8,000	
			52,082
EXPENSES			
Charitable			32,286
Non-Charitable			2,642
Net Income			17,154

ENDING LIFE'S TABOO (REGISTERED NUMBER: 1194537)

STATEMENT OF FINANCIAL POSITION

	Notes	31/12/25 £
CURRENT ASSETS		
Cash at bank		23,831
Cash in hand		470
Total Current Assets		24,301
FUNDS		
Restricted		4,812
Unrestricted		19,489
		24,301

ENDING LIFE'S TABOO (REGISTERED NUMBER: 1194537)

NOTES TO THE STATEMENT OF FINANCIAL ACTIVITIES AND POSITION
FOR THE YEAR ENDED 31 DECEMBER 2025

1 Movement in Resticted Funds

Grants received		Expenditure	C'fwd
Tudwick Foundation B'fwd	2,104	(2,104)	0
Saffron Walden Building Society	3,000	(3,000)	0
Acorn Fund	3,000	(3,000)	0
East of England Co-op Community Cares Fund	2,000	(2,000)	0
Suffolk Giving Grant	2,000	(2,000)	0
Beckett Health and Wellbeing Grant Making	2,000	(2,000)	0
Ellisons Grant Making	2,125	(2,125)	0
Denbury Charitable Grant Giving	2,000	(2,000)	0
East of England Co-op Community Cares Fund	3,000	(1,188)	1,812
Harwich Haven Authority Grant Making	3,000		3,000
	24,229	**(19,417)**	**4,812**

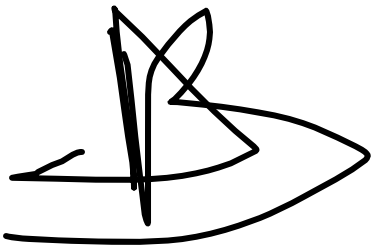
ENDING LIFES TABOO

REPORT OF THE ACCOUNTANT TO THE TRUSTEES OF
ENDING LIFE'S TABOO

In accordance with your instructions, I have compiled these unaudited financial statements in order to assist you to fulfil your statutory responsibilities, from the accounting records and information and explanations supplied to me.

Breese Accountancy
The Brambles
40 Tey Road
Coggeshall
Colchester
CO6 1SY

Date: 23.06.2026



ENDING LIFE'S TABOO (REGISTERED NUMBER: 1194537)

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2025

	31/12/25		31/12/24	
	£	£	£	£
Income				
Donations and Legacies		12,381		2320
Grants		30,125		11150
Events				
Coggeshall Festival				145
Coggeshall Christmas 2024		22		356
Coggeshall Christmas 2025		126		
Coggeshall Carnival		137		
Quiz				328
Golf		2,038		1274
Christmas Raffle 2024		407		348
Christmas Raffle 2025		341		
Diret Heating Raffle		180		
Spring Raffle		437		
St Peters Christmas event		850		
Lottery		253		22
Tesco		24		10
Co Op local giving		560		
London Marathon		1,303		
Ipswich Half Marathon		2,262		
HMRC Gift Aid		284		89
Previous years ball 2023				300
Misc		357		412
		52,087		16,754
Expenditure				
Accountant	495		365	
Bank Fees	60		26	
I.T.	791		147	
Insurance	767		734	
Ipswich Half Marathon	250			
London Marathon			197	
Payroll	29,026		31662	
Professional Fees	218		50	
Staionary	74		232	
Supervision	720		600	
St Peters Christmas event	202			
Golf	1,086			
Coggeshall Carnival 2025	20			
Christmas Raffle	142			
Spring Raffle	42			
Marketing	900			
Training	140			
		34,933		34,013
NET PROFIT/LOSS		17,154		(17,259)

REGISTERED NUMBER: 1194537 (England and Wales)

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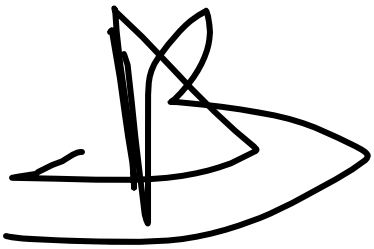
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