The Js Charity — Trustees' Annual Report

For the year ending December 2025

1. Welcome and Introduction

The trustees are pleased to present the annual report for The Js Charity. Since our launch in May 2023, the charity has continued to strengthen its offer for young adults with life-limiting and life-threatening conditions. Although more young people are now surviving into adulthood, age-appropriate social opportunities remain limited. The Js Charity was established to address this gap within Essex.

Over the past year we have developed strong partnerships with transition professionals across health, education and social care. These professionals now actively refer young adults to the charity, recognising our ability to meet needs that are currently not addressed elsewhere. Our focus is to provide inclusive, developmentally appropriate experiences that help young adults and their carers build friendships, peer support and confidence.

Attendance at our monthly Js Days and Away Days has continued to grow. At the same time, we know many young adults still do not know we exist. Increasing awareness remains a priority, and we continue to attend professional meetings and networks across Essex to ensure our service is widely understood.

Each month, we deliver a Js Day and an Away Day — free of charge — offering music therapy, art workshops, complementary therapies and opportunities to connect. These sessions significantly reduce social isolation. Carers gain valuable peer connections, while families benefit from respite when professional carers accompany young adults. Young adults themselves report improved wellbeing, better pain and spasm management, increased confidence and the development of meaningful friendships. Our Away Days provide fully funded group outings that encourage joy, adventure and discovery.

Looking ahead, our key challenge remains broadening awareness so more young adults can benefit from our support.

2. About the Charity

Mission and Vision

The Js Charity brings young adults with life-limiting & life-threatening conditions — and their carers — together through inclusive, enriching and free experiences. Our mission is to reduce isolation, build community and provide opportunities for every young adult to thrive.

History and Background

The Js Charity was established following a needs assessment carried out in April 2023. Young adults told us they felt isolated and disconnected upon reaching adulthood and wanted more than services — they wanted a sense of community and belonging. The Js Charity was created directly in response to these voices.

Core Values

We are committed to:

- Providing free and inclusive experiences that reduce isolation.
- Building communities of friendship, understanding and peer support.
- Creating opportunities for young adults to thrive, learn and enjoy meaningful experiences.

Achievements and Performance

During the year, we:
- Delivered monthly Js Days and Away Days.
- Launched online group music therapy in the home
- Welcomed an increasing number of young adults and carers to our sessions.
- Strengthened partnerships with local health, social care and education professionals.
- Offered a range of therapies, activities and creative experiences.
- Enabled carers to build supportive relationships and access respite time.
- Provided young adults with experiences that boosted mental wellbeing, reduced pain and encouraged social connection

We continue to evaluate feedback to ensure our services remain relevant, inclusive and responsive to need.

3. Year in Review

Key Milestones and Achievements

Throughout the reporting period, The Js Charity has continued to deliver high-quality, person-centred activities designed to enhance wellbeing, build confidence and support meaningful social engagement. Our work continues to centred around two core programme areas and the launch of an exciting new programme:

Js Days and Js Away Days - members are offered opportunities to express themselves creatively, build relationships, experience new environments and develop emotional and physical wellbeing.

With the launch of a new service:-

Online Group Music Therapy – providing an opportunity for our members and families/carers to engage with each other in themed music therapy sessions. This has proved to be a great success and brings a Js Charity service into the home. This has been particularly beneficial for vulnerable members who cannot leave their own homes and are unable to access our Js Days/Away Days.

Programme Delivery

Js Days

Over the year, The Js Charity delivered 11 **Js Day sessions**, each consisting of a structured three-hour programme of therapeutic, creative and social activities. These sessions form a vital part of our offer, providing members with consistent, supportive and enriching experiences.

Music Therapy

Members engaged in a combination of group and individual music sessions, exploring sound, rhythm and movement. Many demonstrated clear preferences for particular instruments and responded positively to musical interaction. For members who were able, physical movement was incorporated to encourage sensory engagement, co-ordination and emotional expression.

Complementary Therapy

Massage therapy continues to be offered to all members. Feedback consistently highlighted the benefits of these sessions, including reduced stress, decreased muscular tension and an increased sense of calm and wellbeing.

Creative Activities

A varied programme of arts and crafts enabled members to explore creativity and fine motor skills. Activities included silk scarf making, floral arranging, bulb and summer flower planting, pizza making and cake baking. These hands-on sessions supported independence, concentration and self-expression.

Seasonal Celebrations

The Js Christmas celebration was a particular highlight. A local ukulele band provided live music, and members and carers joined in enthusiastically through singing, dancing and playing instruments. The event brought the community together in a joyful, inclusive and festive environment.

Js Away Days

Alongside our weekly sessions, The Js Charity organised **12 Js Away Day experiences**, offering members 2–4 hour outings that encouraged exploration, social connection and engagement with the wider community. These trips provide stimulating new experiences and opportunities for enjoyment outside the usual setting.

Highlights from the year included:

- **RHS Hyde Hall** – Members enjoyed peaceful nature walks, sensory experiences and time in beautifully maintained gardens.
- **Sealife Centre** – A chance to explore marine life and learn about a wide range of underwater creatures.
- **Call of The Wild** – A memorable encounter with penguins, meerkats, a crocodile, tropical birds and butterflies, followed by a shared lunch together.
- **City Bowl, Chelmsford** – A lively and competitive ten-pin bowling session where members celebrated each other's achievements.

- **Canalability Boat Trip** – A tranquil and scenic journey along the River Stort, offering a unique experience of being on the water.
- **Cliffs Pavilion Theatre** – A festive visit to see the pantomime *Cinderella*, creating excitement and joy for members and carers alike.

We survey our members to gain feedback and insight and to ensure that we are meeting the objectives of the charity and those of the needs of our members. The response is overwhelming positive, across all measurements. Our members report on the warm welcome they feel on arrival and the positive, uplifting atmosphere at our events. The activities are highly valued, as are the opportunities for connection with their peers.

Impact Overview: Engagement, Feedback and Responsiveness

Impact Area	**Evidence / Insight**
Engagement	50–80% regular attendance
Atmosphere	Highly positive feedback
Therapeutic Activities	Strong appreciation expressed
Opportunities for Connection	Highly valued by participants
Members Wellbeing	Consistently compelling feedback on wellbeing impact
Responsiveness to Members	Ongoing dialogue informs development

Programme Data and Metrics

Programme Name: The Js Charity – Js Days & Js Away Days

Beneficiary Numbers:

There have been 63 beneficiaries served during this reporting period. 23 members and 40 carers. In addition, for those members who come with professional carers, there are approximately 40 family members who are provided with a short break, whilst their young adult attends the events.

Geographic Reach:

The Js Charity provides services Essex wide for all young adults with life limiting conditions

Outcomes:

- **Reduction in Social Isolation**
  Participants reported increased social interaction and a stronger sense of community, contributing to reduced feelings of isolation.
- **Improved Mental Health and Wellbeing**
  Engagement with our services has supported enhanced emotional resilience and overall mental wellbeing among young adults and their carers.
- **Effective Signposting to Support Services**
  Young adults were connected with appropriate health, social care, and educational professionals, empowering them to make informed decisions and access relevant support.
- **Alleviation of Physical Discomfort**
  The introduction of complementary therapies has contributed to a reduction in pain and muscle spasms, improving physical comfort and quality of life.
- **Formation of Peer Networks**
  Opportunities for social connection have led to the development of meaningful friendships and peer support networks, fostering mutual encouragement and shared experiences.
- **Enhanced Support for Carers**
  Carers have benefited from targeted support, helping them to better manage their responsibilities and maintain their own wellbeing.

Impact Indicators:

- **Individuals Supported**
  A total of **55 individuals**, including both young adult members and their carers, received support through our services.
- **Event Participation**
  Across **23 events**, we welcomed an average of **27 attendees** per session, resulting in a cumulative attendance of **621 participant engagements**.
- **Hours of Direct Support Provided**
  With each event lasting approximately **3 hours**, we delivered an estimated **1,863 hours of direct support** to members and carers, at events and **120 hours as a short break for family carers.**
- **Volunteer Contribution**
  Volunteers contributed a total of **444 hours** to support our events:
    - **Js Days**: Avg 7.3 volunteers across 17 events
    - **Away Days**: 2 volunteers across 12 events
    - All events averaged 3 hours in duration
- Carer support - Qualitive measures leading to enhanced confidence and improved mental health obtained through direct feedback.

Feedback Summaries:

Building a Supportive Community

Our strong relationships with members and their families, combined with active engagement with local hospices, professional organisations, and venue partners across Essex, continue to affirm the value and impact of The Js Charity. We are delivering a vital service for young adults living with life-limiting and life-threatening conditions.

During this reporting period, we have observed meaningful developments in community building. Members and carers now greet one another by name, offer warm welcomes at events, and in some cases, connect outside of our organised activities. This growing familiarity has fostered a genuine sense of belonging and mutual support.

Participants have shared valuable information with one another—ranging from accessible venues and benefit-related advice to personal experiences and challenges. These exchanges have demonstrated the therapeutic power of peer support and the importance of safe spaces for open dialogue.

In essence, The Js Charity is nurturing a caring, inclusive, and therapeutic community.

Just a few quotes of feedback from our activities:-

"Wonderful afternoon, thank you all for making it so special. Also many thanks for very thoughtful box of gifts – lots of thought went into choosing suitable gifts which were all very much appreciated." Angela (Mother of RP)

"Thank you all for such a lovely afternoon. M enjoyed herself with a bit of singing and is fast asleep now x Again thank you for all the kindness you guys show ……" Rose (Mother of MMK)

"L has a big smile on her face ….. Thanks for a great afternoon" Tim (Father of LG)

"Thank you so much for your kindness today and always, but especially today …. It was lovely to have the time and space to sit with him (TA)."

"R loved the music session today!!! Thank you so much" Maja (Mother of RJ)

"Afternoon A, just taken a picture of S's wreath … at last. She is so proud of it! Thank you for a lovely morning. Great to be part of such a lovely group of people xx" Shirley (Mother of SG)

"Js Days are very fulfilling, very varied and volunteers are very helpful. Such a happy group." Penny (Mother of AL)

"Love coming the the Js Days – look forward to taking part. I can choose what I want to do and relax and watch my friends if it's not something I want to do." Sarah & Mum (SG & SP)

"Love the music therapy, especially choosing and playing the many instrumets, singing along and relaxing with the brightly coloured scarves." Lyn (Carer of JC)

4. Public Benefit Statement

The trustees confirm they have complied with their duty under the Charities Act 2011 to have due regard to the Charity Commission's guidance on public benefit.

The Js Charity provides free opportunities, activities and support for young adults with life-limiting conditions and their carers. Our work reduces isolation, improves mental and physical wellbeing and strengthens community connections. All services are provided at no cost to participants, ensuring accessibility regardless of financial circumstances.

5. Structure, Governance and Management

The Js Charity is governed by a board of trustees who meet regularly to oversee strategy, finances and service delivery. The charity is constituted as a [insert legal structure].

Trustees are appointed in accordance with the charity's governing document. All trustees give their time voluntarily and receive no benefits from the charity.

Policies for safeguarding, health and safety, data protection and financial management are reviewed annually.

In line with the needs of the charity, we took on 2 self-employed contractors, to cover the organisational administration of our events and to strengthen our connections with members and families and other professional organisations.

6. Risk Management

The trustees maintain a risk register that is updated throughout the year. Key risks include:
- Awareness and reach — risk that young adults remain unaware of our service.
- Funding sustainability — ensuring long-term financial stability for free activities.
- Operational risks related to delivering events safely and inclusively.
- Safeguarding risks — mitigated by strong policies, training and procedures.

Risks are managed through regular review, strong governance and robust safeguarding practices.

7. Independent Examiners Report

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF Js Charity

Charity Registration Number: 1202980

I report to the trustees on my examination of the accounts of the above charity ('the Charity') for the period from I December 2024 to 31 December 2025.

Responsibilities and basis ofxeport

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

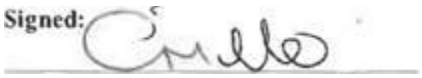
I report in respect of my examination ofthe Chatity's accounts carried out under section 145 of the 201 1 Act. In carrying out my examination I have followed the applicable Directions given by the Charity Conunission under section 145(5)(b) of the Act.

d ndent iner' ta te

I have completed my examination. I confirm that no matters have come to my attention in connection with the exam ina lion giving me cause to believe:

1. that in any matelial respect the requirements
    - to keep accounting records in accordance with section 1 30 of the Act; and
    - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Act, have not been met; or
2. that the accounts do not accord with the accounting records; or
3. where the accounts have been prepared on an accluals basis, that the accounts do not comply with the applica ble requirements conceming the fom and content of accounts set out in the Cha rities (Accounts and Reports) Regulations 2008, other than any requirement that the accounts give a true and fair view which is not a matter considered as pan of an independent examination.

I have 110 concems and have come across no other matters in connection with the examina tion to which a ttentön should be drawn in this repott in order to enable a proper understanding of the accounts to be reached.

Signed: 

Graham Miller,
ACMA/CIMA Independent
Examiner Date: 21.

8. Financial review

Below is a breakdown of all income and expenditure for the covering the prior 2 reporting periods.

Income

INCOME COMPARISON				
Category	**2023–24 (£)**	**2024–25 (£)**	**Change (£)**	**Note**
Community Donations	£25,171	£12,312	**(£12,860)**	Benton Hall donation; prior year was 2-year sum of ~£22k
Event Fundraising	£15,189	£13,789	**(£1,400)**	Golf Day, Quiz Night & other events
Individual Giving	£16,222	£2,829	**(£13,393)**	Prior year included one-off £10,000 donation
National Lottery Grant	-	£6,637	**£6,637**	New income stream in 2024–25
Grant Funding	-	£1,920	**£1,920**	Smile of Hope grant; new in 2024–25
eBay Sales	£341	-	**(£341)**	Discontinued in 2024–25
TOTAL INCOME	**£56,923**	**£37,487**	**(£19,436)**	

Expenditure

EXPENDITURE COMPARISON				
Category	**2023–24 (£)**	**2024–25 (£)**	**Change (£)**	**Note**
Event Costs	£6,263	£7,583	**£1,320**	Increased activity & music therapy sessions

Event Fundraising Costs	-	£3,644	**£3,644**	New in 2024–25: Golf Day venue cost
Coordinator Role	£1,685	£6,080	**£4,395**	Role expanded; full year in 2024–25
Website & Technology	£694	£4,694	**£4,001**	Platform & hosting upgrades
Clinical Role	-	£3,950	**£3,950**	New role in 2024–25 (Beverley Barclay)
Fundraising Activities	-	£2,147	**£2,147**	New in 2024–25: print & marketing
Overhead & Administration	£2,885	£1,264	**(£1,621)**	Includes insurance, DBS, admin costs
TOTAL EXPENDITURE	**£11,527**	**£29,362**	**£17,835**	

Funding Reserves

KEY METRICS COMPARISON				
Category	**2023–24 (£)**	**2024–25 (£)**	**Change (£)**	**Note**
Net Surplus	£11,043	£8,125	**(£2,918)**	
Main Account Balance	£6,026	£19,052	**£13,026**	End of year
Savings Account Balance	£45,396	£45,857	**£461**	End of year
Total Funds Held	£45,396	£64,909	**£19,513**	

Year-on-Year Comparison — Normalised to Monthly Averages

Note: *The two periods differ in length: 2023–24 ran for 17 months (Aug 2023 – Dec 2024) and 2024–25 ran for 13 months (Dec 2024 – Dec 2025). Monthly averages are used for a like-for-like comparison. 2023–24 individual giving has been adjusted to exclude a one-off £10,000 donation, and the total income figure reflects this adjustment. The 2023–24 community donations figure also covered approximately two years of Benton Hall contributions (~£22,000).*

Category	2023–24 avg/month (÷17 months, adj.)	2024–25 avg/month (÷13 months)	Change
INCOME			
Community donations	£1,481	£947	**−£534 / mo**
Event fundraising	£893	£1,061	**+£168 / mo**
Individual giving (excl. £10k one-off)	£366	£218	**−£148 / mo**
National Lottery Grant	—	£511	**New stream**
Grant funding	—	£148	**New stream**
Total income (adj.)	**£2,760 / mo**	**£2,884 / mo**	**+£124 / mo (+4%)**
EXPENDITURE			
Event costs	£368	£583	**+£215 / mo**
Event fundraising costs	—	£280	**New cost**
Coordinator role	£99	£468	**+£369 / mo**
Clinical role	—	£304	**New role**
Website & technology	£41	£361	**+£320 / mo**
Overhead & administration	£170	£97	**−£73 / mo**
Total expenditure	**£678 / mo**	**£2,259 / mo**	**+£1,581 / mo (+233%)**

Note: *Adjusting for the £10,000 one-off donation shows that, on a like-for-like basis, recurring monthly income grew by 4% (£2,760 to £2,884 per month). The two new grant income streams introduced in 2024–25 more than offset the reduction in individual giving. The cost per £1 raised adjusts from £0.25 for 2023–24 to £0.78 for 2024–25, reflecting the charity's deliberate shift toward a higher-investment operating model.*

1. Statement of Financial Position (Balance Sheet)

Category	Description	2024–25	2023–24
ASSETS			
Assets	Cash and Cash Equivalents	£64,909	£45,396
LIABILITIES			
Liabilities	Accounts Payable	£0	N/A
Liabilities	Accrued Expenses	£0	N/A
Liabilities	Deferred Revenue	£0	N/A
Liabilities	Other Liabilities	£0	N/A
NET ASSETS			
Net Assets	Unrestricted Net Assets	£53,688	£45,396
Net Assets	Temporarily Restricted Net Assets	£0	N/A
Net Assets	Permanently Restricted Net Assets	£11,221	N/A
TOTAL NET ASSETS		**£64,909**	**£45,396**

2. Statement of Activities (Income & Expenditure)

Category	2024–25	2023–24
REVENUE		
Revenue – Donations	£15,141	£41,393
Revenue – Grants	£8,557	N/A
Revenue – Fundraising	£13,789	£15,189
Total Revenue	**£37,487**	**£56,582**
EXPENSES		
Expenses – Program Services	£15,176	£8,232
Expenses – Administration	£12,039	£3,295

Expenses – Fundraising	£2,147	£3,940
Total Expenses	**£29,362**	**£15,467**
Net Change in Assets	**£8,125**	**£41,115**

3. Statement of Cash Flows

Description	2024–25	2023–24
CASH FLOWS FROM OPERATING ACTIVITIES		
Cash received from donations and grants	£23,698	£56,923
Cash received from fundraising events	£13,789	£15,189
Cash paid for program services	(£15,176)	(£8,232)
Cash paid for administrative expenses	(£12,039)	(£3,295)
Cash paid for fundraising expenses	(£2,147)	(£3,940)
Net cash from operating activities	**£8,125**	**£56,645**
NET CHANGE IN CASH		
Cash at beginning of year	£43,153	£0
Add: savings account transfer received	£10,000	£10,000
Add: savings interest earned	£491	N/A
Less: net expenditure	(£8,735)	N/A
Cash at end of year	**£64,909**	**£45,396**

Note: *2024–25 covers the 13-month period December 2024 to December 2025. Donations include community and individual giving (£15,141). Grants include National Lottery (£6,637) and Smile of Hope (£1,920). Program services include event costs, event fundraising costs, and clinical role. Administration includes coordinator role, website & technology, and overheads. Opening cash of £43,153 comprises main account (£7,787) and savings account (£35,366) at 1 December 2024. 2023–24 figures are taken from the prior year financial summary.*

Financial Highlights

- **Total income of £37,487** was raised over 13 months (Dec 2024 – Dec 2025), with the charity successfully diversifying its funding base — 22.8% of all income came from two brand-new streams: the National Lottery Grant (£6,637) and a Smile of Hope grant (£1,920).
- **Events remain the single largest income source,** generating £13,789 (36.8% of total income) through the Golf Day, Quiz Night, and other fundraising activities.
- **Expenditure grew deliberately to £29,362,** reflecting the charity's investment in people: two paid roles (Coordinator and Clinical) now account for £10,030 (34.2% of spend), supporting the delivery of frontline services.
- **A year-end surplus of £8,125 was achieved** (21.7% surplus margin), meaning the charity spent £0.78 for every £1 raised — a healthy operating position for a growing organisation actively investing in its future.
- **Total funds held reached £64,909 at year end** (main account £19,052 + savings £45,857), up from approximately £45,396 the previous year — an increase of £19,513 and the charity's strongest reserve position to date.

Treasurer's Statement

The JS Charity concludes the 2024–25 financial year in a **strong and sustainable financial position**. Over the 13-month period from December 2024 to December 2025, the charity raised a total income of **£37,487** against expenditure of **£29,362**, delivering a **net surplus of £8,125** — a 21.7% surplus margin. Total funds held at year end stand at **£64,909** (main account £19,052 and savings £45,857), the strongest reserve position in the charity's history.

A particularly significant achievement this year has been the diversification of our income base. Two entirely new funding streams were secured: a National Lottery Grant (£6,637) and a Smile of Hope grant (£1,920), together representing 22.8% of total income. Events continued to be our single largest income source, raising **£13,789** through the Golf Day, Quiz Night, and other activities. We remain deeply grateful to **Benton Hall Golf Club**, whose early and continued support has been instrumental in the growth of our fundraising programme.

Expenditure this year reflects a **deliberate and planned investment** in the charity's people and infrastructure. The introduction of two paid roles — a Coordinator and a Clinical role — accounts for £10,030 (34.2% of total spend), enabling us to deliver frontline services with greater capacity and consistency. Investment in our digital presence and website technology (£4,694) has also strengthened our ability to communicate with supporters and reach those we exist to help. These costs are intentional and reflect the charity's evolution from a volunteer-led organisation into one with the infrastructure to grow.

When comparing this year's performance with the prior period on a like-for-like monthly basis — adjusting for the differing period lengths and excluding a one-off £10,000

individual donation received in 2023–24 — **underlying recurring monthly income has in fact grown by 4%**, from £2,760 to £2,884 per month. This is an encouraging sign that the charity's income base is strengthening, even as we invest more heavily in our operations.

Our reserves position provides the charity with **confidence and stability entering 2025–26**. The savings account balance of £45,857, which also generated £490.94 in interest income during the year, means the charity holds sufficient funds to sustain its current level of operations for the coming year. We are also pleased to confirm the **continued support of Benton Hall** and the return of both the JS Golf Day and Open Garden events, providing a strong foundation for income in the year ahead.

Looking ahead, the Trustees remain committed to **long-term financial sustainability**. Building on the grant income secured this year, we will continue to pursue new funding opportunities including further grant applications, corporate partnerships, and the expansion of our individual giving programme. Our aim is to grow both the reach and the impact of The JS Charity — and this year's financial results give us every reason to approach the future with confidence.

9. Plans for the Future

Over the coming year of 2026, the Js Charity aims to:
- Increase awareness among young adults across Essex.
- Expand the number of professionals informed and engaged with our service.
- Continue delivering free monthly Js Days and Away Days.
- Continue to offer online group music therapy in the home
- Launch our Outreach Worker role providing support to parents/carers in the home
- Explore additional activities, therapies and partnership opportunities.
- Strengthen our financial position to ensure sustainability and growth.
- Launch a number of carer events – providing a time of relaxation and activity, as well as a chance to meet with other professionals eg Solicitors, Carer Organisations

10. Statement of Trustees' Responsibilities

The trustees are responsible for ensuring proper accounting records, safeguarding charitable funds and preparing a report and accounts in accordance with the Charities Act 2011 and the charity's governing document.

11. Approval

This report was approved by the Board of Trustees on: 1st August 2026

Signed: Chris Whiffin, Trustee
On behalf of the Board.