CHARITY REGISTRATION NUMBER: 1204977

TACKLING ANXIETY TOGETHER

ANNUAL REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2025



1. Charity details

Name: Tackling Anxiety Together
Registered charity number: 1204977
Address: 65 North End Ditchling East Sussex BN6 8TE
Contact details: jules.jacob@tacklinganxietytogether.org

Names of trustees:

i. Julia Jacob
ii. Sophie Matthews
iii. Emma Jane Higgins
iv. Neil Satchwell Smith
v. Iain Moss
vi. Daniel Williamson

2. Governance

Tackling Anxiety Together is constituted as a CIO Foundation. Trustees are appointed by a resolution passed at a properly convened meeting of the charity trustees. In selecting individuals for appointment as trustees, the trustees have regard to the skills, knowledge and experience needed for the effective administration of Tackling Anxiety Together.

3. Objectives and activities

3.1 Objectives

Tackling Anxiety Together (T.A.T.) aims to relieve the needs of those with anxiety, primarily through the following objectives:-

i. providing courses to give insight and understanding into anxiety.
ii. providing resources and practical information/tips.
iii. opportunities to share experiences and signposting to appropriate support and health care professionals.

3.2 Activities

Content

A priority for the charity, particularly in these formative years, is to continue to refine and invest in our content. We place a strong emphasis on responding to feedback from participants, partners and experts in the field of mental health.

Churches

Tackling Anxiety Together ran two online courses in churches in 2025 reaching over 80 people. We ran seminars for adults and young people at the Holy Trinity Brompton network's summer festival - Focus - with over 200 attending the adult seminar. These courses provide helpful tips for those struggling with anxiety and help grow the pipeline of churches running the full course.

A central part of our vision is to build partnerships with churches who want to run the course themselves. We are regularly approached by churches and in 2025, we produced a manual to support the course which covered all the content in the films.

Schools

Tackling Anxiety Together ran two courses at Cardinal Newman School, each attended by 7 students. We also trained three youth workers and one staff member to run courses in their schools and in a youth group setting.

Alongside this, there is an ongoing commitment to refining the content and making it as relevant to the students' needs, interactive and practical as possible.

Two seminars were run for young people at Focus and a new partnership established with a youth mental health charity called The Pillars.

Fundraising

We are grateful to a family foundation, who continue to fund the basic running costs of the charity; to churches and individuals who have enabled us to invest in our team and grow the courses we run; and to a generous donor whose gift enabled the filming of the promotional videos – an investment we hope will grow the charity's footprint and help raise further funds.

We enjoyed gathering a team of volunteers and friends of Tackling Anxiety Together to take part in a fun run which raised invaluable funds and helped raise awareness of the charity's work.

Monitoring and evaluation

Measuring our impact from the outset is a priority so that we are constantly responding to feedback and investing in our content and course offering. We updated our questionnaire which helps us measure how participants have been supported by the course. We also have regular feedback sessions with partners running the course – churches and schools – to make sure we are constantly responding to the needs of each particular context.

Communications

We continue to invest in our website which provides information about the charity and how to access the resources and our social media accounts which have grown the range of content they share and their number of followers.

We filmed three promotional videos to raise awareness of what we do amongst church congregation members, students, leaders in churches and schools and amongst potential funders. The first film focusses on individuals struggling with anxiety who may be interested in attending the churches course; the second is designed for church leaders and other potential partners who are interested in running the course or funding the charity's work; and the third promotes our youth and schools' course.

4. Achievements and performance

To expand Tackling Anxiety Together's reach we have continued to run adult and youth courses and build relationships with other organisations that have similar values, such as, the Holy Trinity Brompton church network, local youth workers in Sussex and mental health care professionals. We have also increased our presence by delivering content at a large Christian festival and speaking engagements in churches.

Pastoral support and training

We have provided support and training for the team who help on the courses. An important focus here is building a close community of volunteers who are supporting Tackling Anxiety Together - approximately 35 volunteers supported the charity in 2025.

Institutional capacity

Given this is only our second year we have also had a strong focus on investing in our Board of Trustees, volunteers and institutional capacity. As Trustees we spent time better understanding the shared vision and mission, our respective roles and responsibilities and ways of working together. We hope to make new appointments to the Board in 2026.

5. Financial review

In our second year as a CIO, Tackling Anxiety Together received grants totalling £37,000 and other donations of £3,032. The cost of sales was £25,229 and administrative costs £4,027, leaving a surplus of £10,776.

The main year on year difference is that the charity received a grant to enable us to film promotional videos for the churches and schools that can be shown during church services and school assemblies. £18,540 was spent on filming costs. Beyond this, the core drivers of the charity's income and expenditure remained the same.

The charity has been able to build up its capital and reserves which stand it in good stead as the hope is to invest in the team and partnerships across churches and schools in 2026. We currently retain £250 in reserve, which represents just over three months of fixed costs. This level is appropriate at present because we have no salaries or large, fixed overheads. We review our reserves policy each year.

The charity maintains strong financial controls, including monthly bank reconciliations and regular financial reporting to Trustees. Any spending not accounted for in the agreed annual budget is reviewed and approved by the Trustees.

6. Reference and administrative information

Bank account: TACKLING ANXIETY TOGETHER

Account No: 16181530

Sort code: 01-01-23

Principal address - 65 North End Ditchling East Sussex BN6 8TE

TACKLING ANXIETY TOGETHER CIO
Charity no. 1204977

Independent Examiner's report to the Trustees

I report to the Trustees on my examination of the accounts of Tackling Anxiety Together CIO ("the Charity") for the year ended 31st December 2025.

Responsibilities and basis of report

The Charity's Trustees are responsible for the preparation of the accounts. The Charity's Trustees consider that an audit is not required for this year under Section 144 of the Charities Act 2011 ("the Act") and that an independent examination is needed.

It is my responsibility to report in respect of my examination of the Charity's accounts carried out under the charity's Rules, and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination, and I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in any material respect:

1. Accounting records were not kept in respect of the charity as required by Section 130 of the Act; or

2. The accounts do not accord with those records.

I have no concerns, and have come across no other matters in connection with the examination, to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Date: 20/10/26

R.L. Cloake, Chartered Certified Accountant,
Till + Cloake,
70 South Street,
Lancing,
West Sussex, BN15 8AJ

Balance Sheet

Tackling Anxiety Together
As at 31 December 2025

	31 DEC 2025	31 DEC 2024
Current Assets		
Cash at bank and in hand		
TACKLING ANXIETY TOG	18,171.10	7,395.42
Total Cash at bank and in hand	**18,171.10**	**7,395.42**
Total Current Assets	**18,171.10**	**7,395.42**
Net Current Assets (Liabilities)	**18,171.10**	**7,395.42**
Total Assets less Current Liabilities	**18,171.10**	**7,395.42**
Net Assets	**18,171.10**	**7,395.42**
Capital and Reserves		
Current Year Earnings	10,775.68	7,395.42
Retained Earnings	7,395.42	-
Total Capital and Reserves	**18,171.10**	**7,395.42**

Profit and Loss

Tackling Anxiety Together
For the year ended 31 December 2025

	2025	2024	2023
Turnover			
Grants Received	37,000.00	9,000.00	-
Total Turnover	**37,000.00**	**9,000.00**	-
Cost of Sales			
Contract for Services	5,744.12	2,500.00	-
Cost of Sales - Materials/Publications	944.96	-	-
Course Snacks	-	272.52	-
Filming Costs	18,540.00	-	-
Total Cost of Sales	**25,229.08**	**2,772.52**	-
Gross Profit	**11,770.92**	**6,227.48**	-
Administrative Costs			
Conference Expenses	435.00	-	-
Consulting	300.00	136.20	-
Entertainment-100% business	230.87	-	-
Equipment Repairs & Maintenance	-	89.99	-
Fundraising Costs	789.71	-	-
Parking & Travel	171.30	182.60	-
Postage, Freight & Courier	49.40	-	-
Printing & Stationery	205.19	79.44	-
Subscriptions	1,263.60	510.30	-
Subsistence	185.31	61.76	-
Team Refreshments	396.85	-	-
Training & Courses	-	100.00	-
Total Administrative Costs	**4,027.23**	**1,160.29**	-
Operating Profit	**7,743.69**	**5,067.19**	-
Other Income			
Donations Received	3,031.99	2,328.23	-
Total Other Income	**3,031.99**	**2,328.23**	-
Profit on Ordinary Activities Before Taxation	**10,775.68**	**7,395.42**	-
Profit after Taxation	**10,775.68**	**7,395.42**	-

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