



Platform 1
St George's Square
Huddersfield
HD1 1JF

3 April 2023

Sally Hutchinson
The Nineveh Charitable Trust
8 Mill Lane
Saffron Walden
Essex
CB10 2AS

Dear Sally and Trustees

We were delighted to receive the donation of £1000 from The Nineveh Charitable Trust in March 2022. These funds went towards our Crisis Telephone line for people with mental health issues from Kirklees and West Yorkshire.

We are pleased to offer a report on how we spent the grant and our Crisis Telephone service, which we hope you find informative and interesting. Rest assured your assistance means a great deal to us and our many beneficiaries. It really does make a difference and allows us to continue delivering supportive activities to many people who have psychological problems and a poor quality of life.

With sincere thanks once again.

Yours sincerely,

Bridget Fahey

Bridget.Fahey@platform1.org.uk

Enc. Report



Platform 1 has had a very successful year expanding our services and site, whilst increasing our income. The **Nineveh Charitable Trust** kindly donated £1000 in March 2022 towards our Crisis telephone service for which we are very grateful. We are pleased to offer a report on our activities over the past year.

Main Aim of the organisation

We are a 'hands on' mental health charity based in the heart of Huddersfield, offering support throughout the county. We work with 500+ people p.a. primarily men with complex needs and from all backgrounds and experiences. We encourage recovery through supportive activities, allowing reconnection at individuals own pace and within a safe and non-judgmental environment. Our aim is to help individuals develop interpersonal and practical skills to aid their recovery, reconnect with family, friends and the wider community and retain or find employment.

Grant Activity

Over the last 12 months our Crisis telephone line service has been a vital part of our support for people who feel they have nowhere to turn for help. This is still operating although we have noticed there is less demand than during/immediately following the Covid pandemic which is understandable. We believe this is also due to all our other services becoming more structured and available.

Within the Crisis service our Counselling staff have worked with the following:

- 382 calls into the Crisis telephone line with 54% calls from female, 46% from males
- 84 calls with suicidal thoughts - dealt with immediately, supported through the situation and offered ongoing regular counselling, plus weekly welfare telephone calls.
- 124 calls regarding long term depression – referred to our counselling service
- 174 calls about stress due to various problems, mainly family and work – referred to our counselling service

Additionally we have

- set up a publicity program for our services, placing flyers in shops such as Morrisons Supermarket (with whom we have an established supportive relationship) GP surgeries, council buildings and outreach venues; talks to local agencies, supported by our social media campaign
- recruited 4 volunteers who support the Crisis telephone line by triaging calls and directing to the correct department; support with administration of appointments, client details. These volunteers are all Level 4 Counselling students

Grant Spend

Activity	Projected costs £	Actual costs £	Grant £
Crisis telephone line @ £97.99 pcm	1,175.88	1,175.88	875.88
Mobile telephones for Counselling staff	288.00	288.00	124.12
Salary for Counselling staff	33,280	33,280.00	0
Volunteer expenses	230	214.68	0
Total	34,973.88	34,958.56	1,000.00

Case Studies from Crisis Telephone line service

George

'George' had long term alcohol issues having lived 20+ years using drink as a crutch. Feeling a complete failure, without any immediate family support, he went to a bridge in Huddersfield with the intention of ending it all. A passing person noticed him and asked if he needed help, and rang our Crisis line for help. We drove out immediately, and spent 2 hours talking to George. After 145 minutes, George came down from the bridge, crying and desperate for help.


George has been attending counselling sessions with us on a weekly basis for 5 months. As is often the case, underlying issues of childhood abuse, mixed with feelings of guilt leading to irrational emotions, are beginning to be managed. George often calls in for cups of tea and chats. Counselling is trying to mend broken relationships with family members and encourage George to take up volunteering roles to develop confidence and skills.

Maureen

'Maureen' is a professional working woman with a successful career. She rang the Crisis teleohone line whilst taking an overdose of medication. Fortunately we were able to get emergency services to her in time. We also attended and accompanied her to A&E following this up with hospital visits.

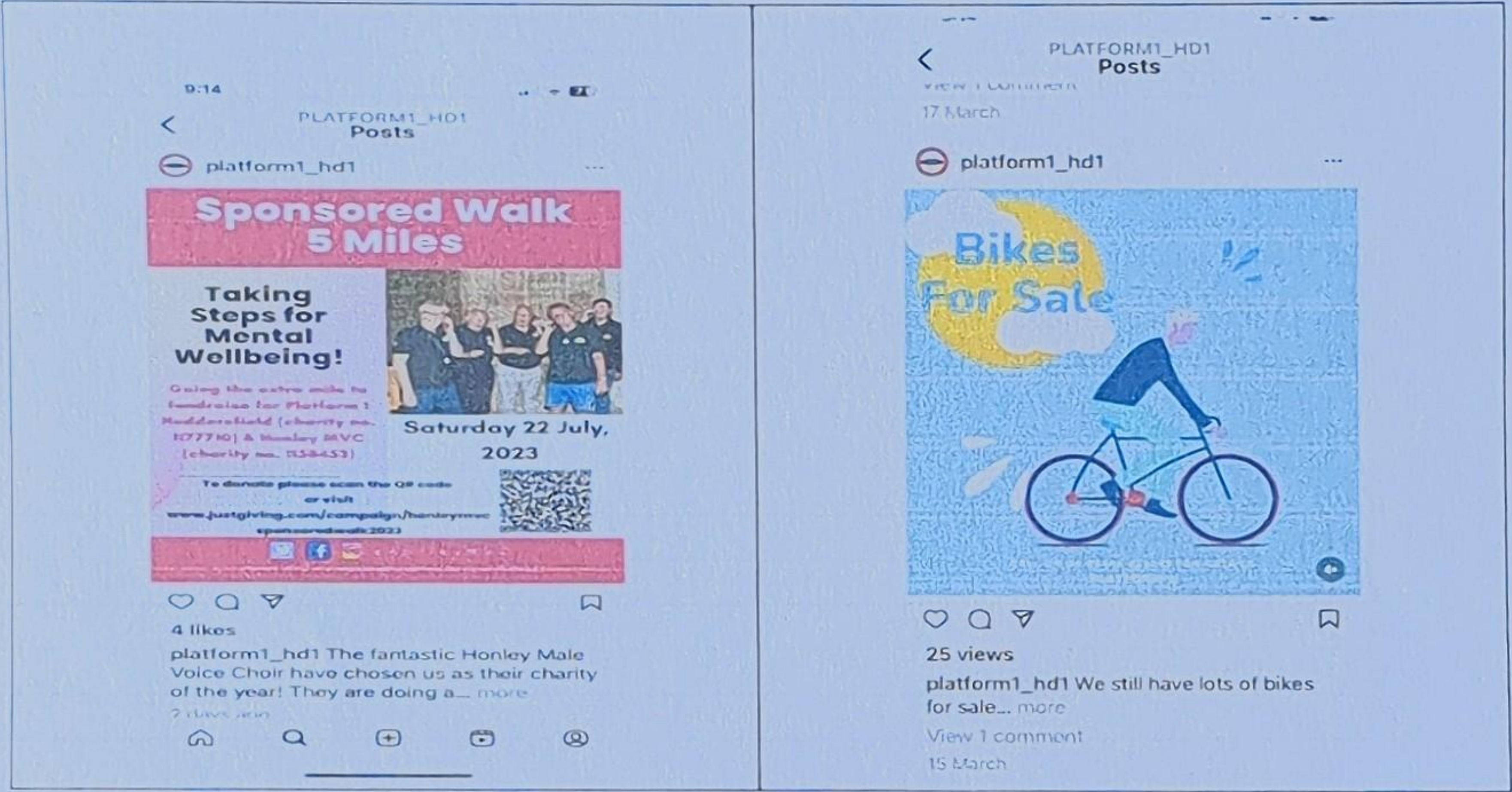
Maureen didn't have any close family and felt a failure as although successful in her career, she had not married and had no children. She felt lonely and unable to communicate this. She is in weekly counselling sessions where issues with bullying parents have emerged. This is being addressed but there is still a long way to go to allow Maureen to see a positive way forward.

Client Feedback

<p>Requests for help</p> <p><i>'I just want to die'</i></p> <p><i>'They would be better without me'</i></p> <p><i>'Please can you help me – I don't know what to do with everything that's going on'</i></p> <p><i>'I can't carry on like this, it isn't fair on my wife and kids'</i></p>		<p>Feedback after support</p> <p><i>'I wouldn't be here if it wasn't for the guys at Platform 1 – that simple'</i></p> <p><i>"From the moment I made the first phone call they have been nothing short of incredible"</i></p> <p><i>'I'm ok now, but sometimes just pop in for a chat & a cuppa – its great to know they are there.'</i></p>
--	--	--

Fundraising

A higher level of demand plus more structured services means an increase in our costs. We know it is important to diversify income and have made efforts to increase income via different sources. *Our women’s group have formed a community fundraising committee and have organized a calendar of events and initiatives – examples below.*

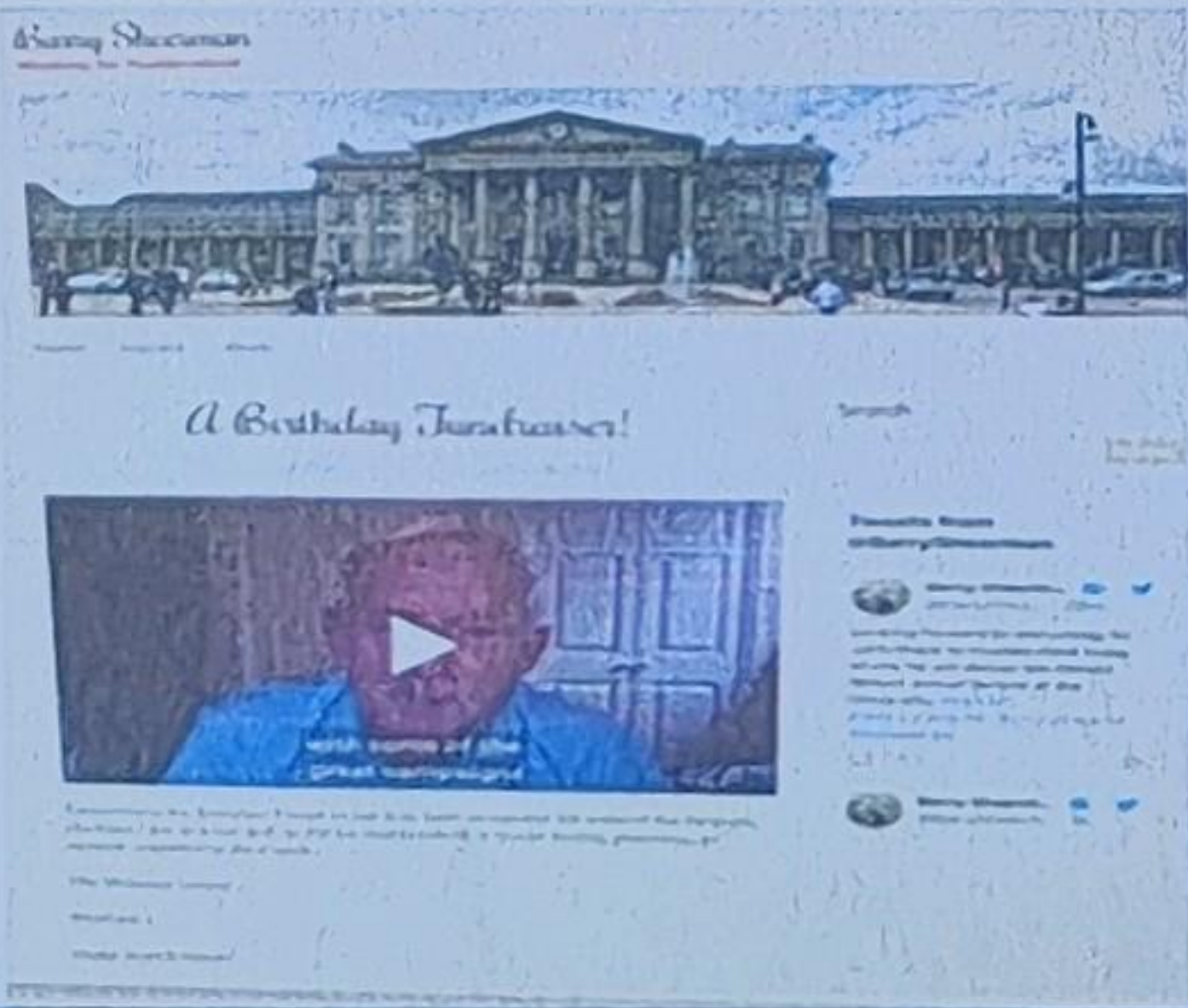


Huddersfield Town FC Foundation
Presenting a cheque for £22,044



MP Support

Barry Sheerman MP for Huddersfield is supporting us, requesting donations via his website for some local charities, of which we are one.
<https://barrysheerman.co.uk>



Financial Situation

	Year ending 30/3/21	Year ending 30/3/22	Projected Year ending 30/3/23
Income	139,431	142,872	166,000
Expenditure	129,704	154,168	166,000

Platform aimed to stabilize at a turnover of approximately £160,000 p.a., however due to demand and cost of living rises, the current year is forecast to be over this by £6,000.

This year we also aimed to diversify our income to avoid an over reliance on grants. We are pleased that this year we have grown as follows:

Income area	Percentage of income to total
Community fundraising	15%
Public donations	13%
Corporate support	6%
Earned income	4%
Grants	62%

We are very grateful for your support to date and the fact it is unrestricted which is so valuable to a small organisation like ours.

We really hope that you feel able to support us once again.

*Mental health maybe **invisible** but the **consequences** are not*