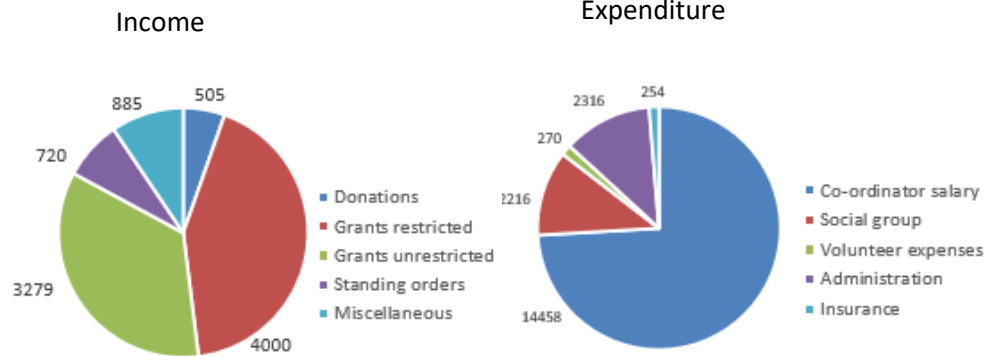


Summary of Annual Accounts for 2022-23



MENTAL HEALTH BEFRIENDING
FOR OXFORD

Annual Report 2023

Tandem accounts 2022-23

	2022-23	2020-21
Income	9,389	17,244
Brought forward	28,416	25,861
Total	37,805	43,105
Expenses	19,514	14,689
Total	19,514	14,689
Closing balance		
Cash	18,291	28,416
Savings account	15,749	15,596
Total	34,040	44,012

Our policy during 2022-23 was to reduce our reserves, which had accumulated during covid when our expenses were much reduced. During the coming year we will be seeking three-year funding from two previous supporters to ensure our sustainability, and resuming our normal fundraising pattern.

Treasurer

We are extremely grateful for the support of the the Oxford University Community Fund, Oxfordshire County Council, St Aldates Parochial the Oxfordshire Community Foundation, Janet McCrae and Ian Lowe.



The mental health befriending service for Oxford

Registered address:

c/o Restore, The Michael Young Building, Manzil Way, Cowley Road, Oxford OX4 1YH

07756 815152/07774 749675

hello@tandembefriending@gmail.com

www.tandembefriending.org.uk

Registered charity: 1078112

Chair's Annual Report

Although befriending has a relatively low profile compared to many other mental health interventions, the fact is that there is solid evidence that it helps people in different ways. We hear a lot these days about mental health and about loneliness and social isolation, but very little attention is paid to initiatives like Tandem. Well, we know that social isolation has very far reaching consequences for the people that suffer it and, in our small way, we are trying to do something about it. I heard a news report that there is greatly increased sickness amongst NHS staff at the moment, and that the biggest single cause is mental health problems, illustrating how such problems can affect anyone if they are exposed to stressful circumstances.

In the meantime, there have been developments in our service and we are sorry to be losing Joanna Hamilton as Co-ordinator. We will miss her for her enthusiasm, level of engagement and her magic touch with the group activities. We are extremely grateful for all her hard work. Following on from that, we have decided that we are now in a position to extend the hours of co-ordinator time, and we have found two excellent replacements to share the role, Melissa Damico and Sally Harris. We warmly welcome them to Tandem and look forward to working with them.

It's been a year of consolidation for us one way and another - we have been able to create enough new partnerships and we are expecting to be able to increase the number from now on. Of course, that depends to a large extent on our volunteers and we have had reasonable success in recruitment. We could always do with more, of course, and we are very grateful to those who have helped to make Tandem successful and effective this year.

The social group has been a big success again. Joanna has been instrumental in this, but also congratulations are due to the members for providing mutual support and creating such a positive atmosphere. Thanks also to those who took part in making our promotional video - hope you enjoyed that.

Thank you also to the committee members for their valuable input and a warm welcome to Diana Roberts, our new recruit. Finally, we are entirely dependent

on non statutory funds, donations, so sincere thanks to all those individuals and companies who contributed and kept Tandem going.



Trevor Lowe, acting Chair

Tandem befriending partnerships

As Trevor acknowledges in his report, Tandem couldn't exist without our volunteers, and equally couldn't exist without our service users. When so much service provision is 'six weeks and you're out' we are glad to be able to offer longer term support – some partnerships are only needed for a short time, others for rather longer, and in the past year several have taken really big steps forward on the path to recovery. Congratulations to those who have moved on to voluntary and to paid work, and thanks to all for helping to make Tandem a friendly and supportive organisation.

Special thanks this year to the partnership of James and Dan, whose interview for South News made a great impact, and is posted on our website.

We have an exciting year ahead of us.



Tandem Social Group

continues to be a valuable and valued part of our service and has gone full steam ahead after the covid interruptions. Recent meetings have included parks, museums, and gardens, with a popular innovation of board games at Restore – and many thanks are due to Alice's Tea Party, which always has a warm welcome for our Social Group.