

www.thecellartrust.org

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#### The Cellar Trust

We are a charity that provides a range of tailored support services to people in Bradford, Airedale, Wharfedale and Craven to help them along their journeys to good mental health.

#### Vision

Our vision is a society where people experiencing mental health problems are supported throughout their recovery journey while living full lives in their community.

#### Mission

Our mission is to provide high quality and tailored support to people recovering from mental health problems, in partnership with our local community and other local organisations, to improve health and save lives. Hello

#### 



#### Kim Shutler-Jones Chief Executive Officer

- E: kim.shutler-jones@thecellartrust.org
- 🤟 @KimShutler\_J

The Cellar Trust has been supporting the people of Bradford, Airedale, Wharfedale and Craven for over 30 years. Since our humble beginnings in the cellar of an old Victorian house, our focus has primarily been on providing meaningful activity and support, which has, in more recent years, been vocationally focused. But as I write this report, half way into our financial year, it feels timely to report on some of the significant changes to our organisation in the past 18 months.

In the context of the NHS Five Year Forward View for Mental Health, and the launch of the Bradford District and Craven Mental Wellbeing Strategy (2016-2021), it has been opportune to consider the wider mental health needs of our community, and further identify opportunities to enhance the support we provide.

As anyone who works in health and social care will know, we operate in a challenging time, with decreased funding and increased needs from the people we support. Despite such challenges, which are hitting small charities like ours very hard, we know that we have a unique ability to deliver cost-effective, flexible and impactful services in a way which can complement the public sector offering.

In the face of adversity we have worked hard to continue to improve our work, innovate and further develop our partnership approaches. Our concerted efforts to diversify and grow our income and realise cost efficiencies have made a big difference to us. I am very pleased to report that 2017 was a positive financial year for our organisation, for the first time in 7 years. Of course this position is not something we take for granted and we continue to work very hard to ensure that we are sustainable in the long term.

The most notable change for us has been the opening of Haven – our crisis support and prevention service. This has also marked a significant change in terms of innovative, integrated working with Bradford District Care NHS Foundation Trust (BDCFT) and Bradford Metropolitan District Council (BMDC) – something which is now being locally and nationally recognised.

As always, we are exceptionally grateful for the support we receive from our supporters, our commissioners and, of course, the people who use our services. I'd like to thank my wonderful colleagues including our Board and volunteers, and staff who are so passionate about making a difference – and that shines through every day.

The year ahead will not be an easy one but we have high hopes for continued improvement and exciting new ventures.

### Thank you!

# Our Services

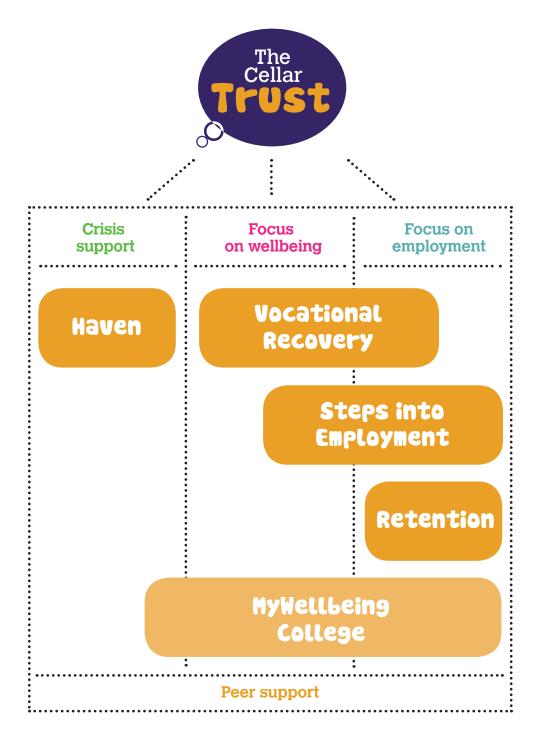
Closely linked to the Bradford and Craven Mental Wellbeing Strategy and responding to the needs of our own clients, the past 18 months have seen significant developments in our service delivery.

This has meant moving away from the delivery of a single (vocational) service and offering a more holistic approach with a broader range of provision - supporting people during different parts of their recovery journey.

The main change over the past 18 months has been the launch of our crisis support and prevention service, Haven. We are now a core part of Bradford's crisis care pathway, supporting people in distress as a non-clinical alternative to A&E.

Our Vocational Recovery service has also expanded which has meant we have been able to broaden our reach – meeting the varying needs of people in our community. Our involvement as part of the MyWellbeing College (IAPT) network has included four of our peer support workers being embedded within the Assessment Hub at Lynfield Mount Hospital as well as the start of delivering brief psychoeducation courses, in partnership with another local charity, Project 6. This is an area of provision which very clearly complements our other services, and we are looking forward to developing it further in the coming year.

This diagram maps our current services and highlights how peer support underpins them all. The successful delivery of our services is directly linked to the close partnership working that we have developed with other organisations.



# Crisis Support

When someone is in mental distress, a medical approach isn't always what is needed and certainly A&E isn't always the best place for people to be supported.

Haven is a non-clinical, safe space in the community where people can receive the support they need. With a focus on the value of lived experience, Haven was designed and is delivered with peer support at its heart. Individuals are supported either on a one-to-one, or peer support group basis – to de-escalate the feelings of distress and learn skills to build resilience and manage their own mental health.

#### Michael

"It's helped so much, I don't feel like I'm alone and that what I am going through is normal. I have found things out I never thought about before to help cope with suicidal thoughts."

Michael Crisis support client

500% of the people who attend Haven are not supported in secondary services, and do not need to be. They are in crisis because something has happened in their lives which has made them unable to cope. Working with people at this stage, through prevention and promoting self-care, is crucial as it prevents people from further

deteriorating, and needing secondary care in the future.

Key to the success of Haven is the partnership approach with our local mental health trust (BDCFT) and local authority (BMDC). While the front-line support that is delivered is very much non-clinical – our integrated team means that there is a joined up approach to supporting people. This approach to service delivery has been recognised nationally as an example of best practice in the delivery of crisis care.

### **Haven**

# 70%

of people referred to Haven were experiencing suicidal thoughts or had self-harmed.

94%

of clients would want to access Haven again if they experience a mental health crisis.

### Nicola

"Having strong diverse partnership is something Haven has clearly demonstrated and the impact of this has been extremely positive. Having a local service that wraps support, care and professionalism around individuals has enabled people to have their needs met by a multi-agency team. Haven is making a big difference - a truly exceptional service that is going from strength to strength together with partners, with a strong commitment to work together to improve people's experiences."

Nicola Lees CEO, Bradford District Care NHS Foundation Trust

# Crisis Support

### Rachel Parker

Although there are other crisis cafes around the country – our model is the first of its kind. Over the past year we have been able to learn how people want to use this service and what makes a difference, and through our close partnership, we have been able to improve and evolve on a continual basis.

# 100%

of clients agreed peer support groups helped them feel more confident managing future distress and crisises.

# 63%

Self-reported distress scores show an average reduction in distress of 63% after clients attended a one-to-one session at Haven.

#### Kersten

"Much is talked about effective partnership work. It's harder to find impressive examples. The Haven is one such. Built from a passionate shared commitment to get alongside people at moments of personal crisis; concern for hierarchies, formal job titles and institutional budgets are pushed to the background. At the foreground is the desire to do what it takes to build people's personal resilience and independence."

Kersten England CEO, Bradford Metropolitan District Council "Six months ago my head broke and I couldn't get out of bed, I didn't wash my hair for weeks, didn't do my teeth for days; I was a smelly zombie, self-medicating with codeine and alcohol.

At my lowest point, the key service for me was Haven, the crisis support service at The Cellar Trust. The help they gave me was crucial in my recovery; without it, I'm not sure where I'd be today. That's why I've started raising money for this wonderful charity – it's my way of saying thank you. With my running club Saltaire Striders, we've so far raised £800 for The Cellar Trust which will go towards helping other local people. I'm currently training for the 2018 London marathon so the fundraising will continue.

Six months on, I'm doing a lot better, I'm brushing my teeth, and I'm smiling and running again."

#### Donate

To sponsor Rachel in the 2018 London marathon visit mydonate.bt.com/ fundraisers/rachelparker1



# Vocational Recovery

Mental health problems can be a real barrier to people taking part in meaningful activity and employment – and can often lead to low self-esteem and social isolation. We help people dream of a brighter future, develop their goals and work on a plan to get there.

The NHS Five Year Forward View for Mental Health highlights: "Employment and health form a virtuous circle: suitable work can be good for your health, and good health means that you are more likely to be employed. Employment is vital to health and should be recognised as a health outcome."

Key to our service is that we recognise that everyone's needs, barriers and aspirations will be different – and tailor our approach accordingly. Whether that involves developing new skills, undertaking new qualifications, gaining some work experience for their CV, exploring a new career choice, finding a job, or retraining – we are here to help. Almost all the people who come to our Vocational Recovery service, come because they aspire to move forward into employment – but for them that can feel like a long way away. Our role is to help people to reignite their hope of a brighter future, and action plan towards achieving their aspirations.

Peter

"I now feel happy about the future and am looking forward to it. Every night I used to pray I'd die in my sleep and dread the alarm going off, now I can't wait for it to go off because I am coming here. I would like to thank The Cellar Trust for giving me a chance."

Peter Vocational Recovery client

#### In 2016/17:

We supported 1032 new people through our CCG and local authority funded Vocational Recovery service.

We provided over

1,700 one-to-one sessions with our Vocational Recovery clients.

**1 IN 4** Vocational Recovery clients

completed a volunteer placement.

individuals worked with an employment specialist of which 57% went on to secure paid employment.

### Brenda

"The Trust gave me constructive and positive ways to use my time and develop my skills. Not only that but it increased my confidence, self-esteem and self-belief. The Cellar Trust is inspirational. It's about building you up as a person so that you can have a much better life."

Brenda Vocational Recovery client

# Vocational Recovery

# Jodie Denning

We recognise that the majority of demand from our community is for pre-employment recovery and wellbeing support. Our skill shops (woodwork, horticulture, retail and catering) play an important role – by providing a range of supportive learning environments, individuals can gain work experience and develop their skills and confidence, if they are not yet ready to volunteer or be employed elsewhere. Once an individual is ready they can then move on to work with an employment specialist for tailored support to find paid employment.

of Vocational Recovery client work

placements in the last six months

have led to paid employment with

the placement provider.

#### Richard

"The Cellar Trust has shown me how things can change and get better. It has been the biggest and most consistent help; showing me how to help myself. Now I am working again."

Richard Vocational Recovery client "My partner Dion, was referred to The Cellar Trust in 2014 after completing two years of therapy at a mental health hospital in Bradford. Dion had been diagnosed with borderline personality disorder and psychotic depression and it had taken a huge toll on our family life. We didn't know if The Cellar Trust would be able to help but we were desperate, and ready to try anything to regain control of our lives.

Dion was referred to the Vocational Recovery service and started attending The Cellar Trust on a weekly basis. At first he was reluctant to engage but over time his confidence grew and people started to notice a change in him. Regularly attending skill shops and one-to-one sessions helped him to build confidence and start to picture the future possibilities.

In late 2016, following two years of tailored support, Dion took a big step into employment. What began as a 12week work placement with Tong Garden Centre became a permanent job. Dion is now a full member of the Tong team and has gone from strength to strength, recently winning an award for excellence in customer service. Without the support he received from The Cellar Trust, Dion wouldn't be where he is now. I can say it has been life-changing for him, myself and our daughter. As his independence returned I was able to return to work and now together we're back on track, building a future as a family."





# **Steps into** Employment

# Retention

Whilst we have worked for many years helping people with moderate to severe mental health problems to return to work, this year we have had the opportunity to broaden our access and work in a more preventative way.

Our European-funded Steps into Employment service was launched in April 2017, in partnership with Bradford District Care NHS Foundation Trust. This is targeted at people who feel ready to look for a job but need some additional, short term support, to help them overcome any final barriers to work.

### Cath

"Suddenly all my skills have come to the surface and my confidence has grown and it's all through The Cellar Trust. Now I am starting a paid job but it doesn't feel like work to me because I enjoy it

Cath **Steps into Employment client** 

50% of our clients who have completed a placement with a high profile national retailer have been offered paid roles.

### Sunita

"It is horrendous to think where I would have been without The Cellar Trust. I wouldn't have been at work - probably at home. isolated and the more isolated I became the more mentally ill I would have become."

Sunita **Retention client** 

Nationally, 60-70% of people with common mental health problems are in work but it is estimated that mental health problems cost UK employers £26 billion each year, through lost working days, staff turnover and lower productivity, averaging £1,035 per employee. In addition, research shows that once an individual has been off work for over 6 months, they only have a 50% chance of returning to work (further reducing to 25% after 1 year).

Research shows that good work is good for your health, so wherever people can be supported to retain their work, this is better for the individual, the employer and the wider economy.

We deliver a very small but successful Retention service which includes one-toone support and liaison with employers. We also have our monthly Work Aid support group which focuses on keeping people well in work through personal development and peer support.

### of retention referrals have 96%

successfully returned to work with our support.

# Peer Support

We are passionate about the fact that services designed and delivered by people with experience of mental health problems and recovery can have a huge impact. The feedback we have received from people supported by our peer support workers show the difference it can make to be supported by someone who can understand from a different perspective:

"The lady who spoke with me was very, very kind. She gave me a safe space to talk, exuded her trust, so I trusted her immediately, then when I heard she hears voices too, that made it all well and OK."

"It was really helpful talking to a professional who actually knows and understands how it feels; for the first time I felt totally understood."

Working closely with our partners at Bradford District Care NHS Foundation Trust and Bradford Metropolitan District Council we have started to explore how we can further embed peer support within wider mental health services, including statutory services. Our first and exciting development is that we now have four peer support workers embedded in the MyWellbeing College Assessment Hub team. This is the single point of access for people accessing psychological therapy and this approach means that from the first contact, an individual can speak to someone who has lived experience.

Sophie

"I have found that clients that have initially struggled with explaining themselves have been more forthcoming once I have explained my role and experiences. I also feel that having used the services ourselves we have a great vantage point of the type of experience the clients contacting us would like, it can add a different aspect of empathy."

Sophie Williamson Peer Support Worker, MyWellbeing College, The Cellar Trust

### Christina Wilson

"Throughout my twenty years of accessing services the thing that has really helped me has been peer support; having the chance to talk honestly with people who had been through similar things enabled me to find compassion for myself.

I'm a Peer Support Worker at Haven, and it's an extraordinary place to work. We support each other as a team and that contributes in a tangible way to the supportive, non-clinical environment at Haven.

Here I feel we have the time and space to really listen to people empathetically, which is different to other places I have trained and worked in. We are able to be responsive to what is happening for the person on that day, and that in itself is remarkably powerful; we are demonstrating to people that what they are feeling matters.

To see the look of absolute relief on a client's face when I say with honesty that 'I've felt that too' or that 'I also tried to take my own life' – it's incredibly moving.

The Cellar Trust Impact Report 2017

I have had clients tell me that they wouldn't be alive if it wasn't for Haven, that attending regularly has been the only thing that kept them alive.

The work we do at Haven isn't just about managing a crisis or diverting people from A&E, for me it goes beyond relapse prevention; what happens here enables people to recognise and manage their own mental health."



# Our Staff & Volunteers

# Saleem Khan

Our people are at the heart of everything we do and we are committed to continuous work to create a supportive, healthy working environment where people can perform to the best of their abilities. We also want to ensure that we attract and retain talented staff who can help us deliver at our very best.

The past 18 months has seen a significant growth in The Cellar Trust workforce – which has included both colleagues delivering internal services, and colleagues working off site at Bradford District Care NHS Foundation Trust's Lynfield Mount Hospital.

#### We employ 38 colleagues, 95% of whom work part time.

#### We have 25 volunteers who provide support across all areas of our organisation.

The vital role of peer support within our workforce has been established and the results from this have been fantastic. This has also included establishing our peer support volunteer programme which creates a pathway from our Vocational Recovery service, for individuals who want to move into a career supporting others.

### Richard

"The Cellar Trust is the only place I have ever worked where I look at the clock and wish it was earlier so I could fit more things in. The Cellar Trust is a perfect fit for my skills and temperament. Working here adds real meaning to my life."

Richard Hirst Administration Assistant, The Cellar Trust

100% of staff feel proud of the work done by The Cellar Trust. "I became a volunteer at Haven, having previously been a client with The Cellar Trust due to my own mental ill health. I suffered with depression, anxiety and panic attacks for a number of years and always maintained that when I was 'better' I wanted to help other people who were struggling.

I started volunteering at Haven for one afternoon a week; sitting in on sessions and helping out in the office. I'd been doing this for seven months when I came up with the idea of a relaxed coffee morning for people who had been referred to Haven, where they could come and have a couple of hours in a safe space, get out of the house and meet new people.

The idea was there wouldn't be any pressure to talk about mental health, but if they could, the coffee morning would provide a relaxed environment to do that in. The coffee morning has been running for several months now and is really popular, I'm so proud if it. I absolutely adore Haven and everything it stands for; I wish the service had been around when I was unwell. So when a permanent position came up in Haven for a Peer Support Worker, my experience as a volunteer meant I felt ready for employment, so I applied and happily I got the job!"

\*This person's name has been changed to protect their identity.

# Our Local Community

### **Our Supporters** & Fundraisers

Our organisation is firmly rooted in our local community – offering support for local residents. We want people to know that we are here for them when they need us but we also rely heavily on the support of our local community. Improving our visibility and profile in our local area is something that we have worked hard to develop following our rebranding exercise in 2016.

The refurbishment and relaunch of our Cellar Trust Cafe has helped us to develop a community-based hub which is well used by a broad range of people from across Bradford and receives wonderful feedback on its food as well as the social value it delivers.

"I love coming to this place, luckily enough work brings me here and I always try to time it so I can treat myself to a hot, tasty lunch. It has a warm atmosphere, is spotless, well priced, has good food choice that is thoughtfully and skillfully prepared, good customer service, and is a great concept of helping volunteers who work there gain experience, confidence and skills to move forward. Big thumbs up for The Cellar Trust, keep up the great work, wish there were more like you."

Lisa C via TripAdvisor.co.uk.

#### Fozia

"Over one quarter of the district's population are experiencing some form of mental health problem; so, the work of community-based projects in this area is needed more than ever before. The Cellar Trust are a front-line organisation, providing such support; they've had particular success with their peer support programme; it's a real example of how communities can come together to make a real difference to the quality of life for the most vulnerable."

Councillor Fozia Shaheen Mental Health Champion



91% of our customers have rated our community cafe as excellent on TripAdvisor.co.uk

t: 01274 586474 w: www.thecellartrust.org

our services without the support of grantgiving organisations, corporate partners, local community groups, and individual donors and fundraisers. The generosity of our supporters makes

It would not be possible for us to deliver

a huge difference, helping us to continue providing life-changing support to those people across the Bradford district who need it most.

We would like to say a big thank you to everyone who has, and continues, to support our work.

#### In 2016/17 we received:

**£122,000** 

in grants from charitable trusts and foundations.

### **£17,000**

in donations from local businesses, individuals and groups.

#### Paul

"We're delighted to support The Cellar Trust and the vital work they do. Having visited them myself what stood out for us as a funder, is the work The Cellar Trust are doing to help people with mental health issues gain the confidence and skills they need to get back into the workplace and provide the mentoring support that will help them to succeed there.

We are proud that our grant of  $\pounds75,000$  over 3 years will help them to make sure that people get the help they need for the best possible chance of a brighter future."

Paul Streets OBE CEO, Lloyds Bank Foundation for England and Wales

# Our Corporate Supporters

# Tong Garden Centre

Corporate supporters play a vital role in helping us to continue supporting people facing serious mental health challenges.

We work closely with local businesses, big and small, to provide work placements for our clients. These are a crucial step, helping clients to further develop their confidence and skills so they can move towards paid employment.

Businesses also help to make sure we can continue delivering our services by fundraising for us, offering donations in-kind and pro-bono support. By helping businesses to think about ways they can support staff wellbeing, we're also taking a preventative approach to mental health in the workplace.

#### Steve

"We have a great charity partnership with The Cellar Trust; providing work placements for some of the charity's clients, helping with The Cellar Trust's charity shop, and supporting instore fundraising. It's been positive for our staff team and good to promote mental health and the charity's work to our customers."

Steve King Store Manager, M&S Bradford Broadway Tong Garden Centre is one of the biggest independently owned garden centres in Yorkshire. We approached Tong about offering work placements to some of our clients.

We felt they could provide that vital experience needed to help get clients ready for paid work. Learning about planting and cultivation in our horticulture skill shop was great preparation for this. The partnership began well with our first two placements going on to secure paid employment at Tong.

Tong decided to formally adopt us as their charity partner and, in addition to continuing to offer work placements, they began fundraising for us; the Tong staff team recently raised over £3,800 for us through a Lakeland sponsored walk.

#### Tong Garden Centre aim to raise £10,000 in total by the end of 2017 to support our services.

### Mark

"It's been fantastic to have the opportunity to work with The Cellar Trust and support the vital work they do to help people facing mental health challenges. As well as getting our team working together to raise funds for the Trust, we've also been able to provide work placements for their service users and, in some cases, paid roles. It's important for us, as a business, to make a positive contribution in our community and working with The Cellar Trust has been an important part of this work."

Mark Farnsworth Owner & Director, Tong Garden Centre

In the last 12 months: we've worked with







of our clients.

# Our Finances

We're delighted to report that despite the difficult economic climate, our sustained efforts to diversify and grow our income, and improve our efficiency have resulted in a positive financial year.

In 2017 we raised £744,000, a significant increase from 2016 resulting mainly from the contracts for our new services. Total expenditure showed an increase of 20% on last year and we have continued to focus our spending on front-line services. Expenditure on direct charitable activities rose by 35% and now accounts for 73% of our total expenditure.

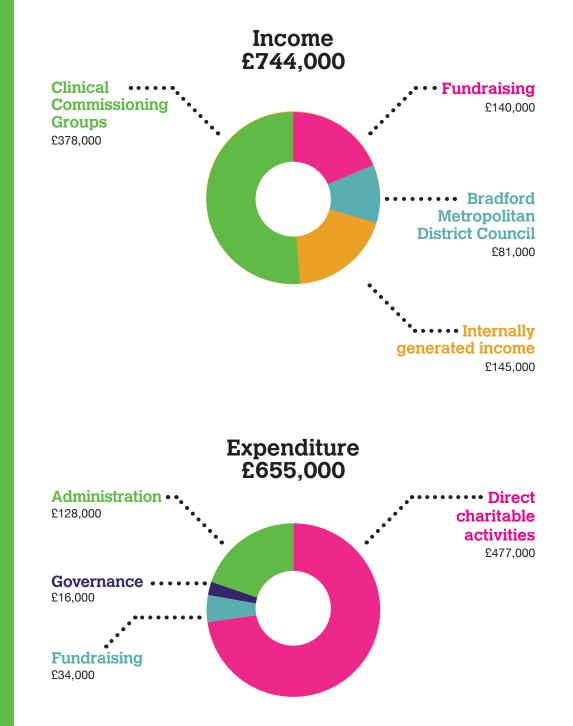
As with all voluntary and community sector (VCS) organisations, strengthening the financial stability and sustainability of The Cellar Trust continues to be a priority. Within the wider context of funding cuts and changes to commissioning, we're continuing to work hard to ensure that we can keep delivering and growing our valuable work in the community. Our income and expenditure for 2017, as well as changes in accounting rules and the resultant discussions with our independent examiners, has led to an increase in our general reserves of 45%.

Our free reserves policy is to hold three to six months current operating costs to safeguard against fluctuations that may arise in funding. At the end of 2017, the level of free reserves was just over  $\pounds170,000$ , a little over three months' operating costs.

For our full accounts, visit www.thecellartrust.org/accounts



months' free reserves



25

# Our Plans for the Future

The progress that we've made over the last 18 months is just the beginning – we want to help even more people, work with more corporate partners and deliver more services along the mental health recovery journey.

### Vicki

"Project 6 are delighted to have started working closely with The Cellar Trust this year in both a pilot around complex needs and the delivery of MyWellbeing College. Our values, approach and service user focus align well, allowing us to be creative, innovative and flexible in meeting the service users' needs. We look forward to further partnership working in the year ahead."

Vicki Beere CEO, Project 6

#### our strategic review

We are currently working on a strategic review, which will inform our 2018-2021 strategic plan. After over 30 years as a predominately vocational service, the focus of our plan will be around how we continue to develop our work. Feedback from stakeholders, clients and staff unanimously supports a focus on improving our reach into communities across the Bradford district, Airedale, Wharfedale and Craven – as a way to improve the accessibility of our services.

For us, it is key that peer support is embedded in the delivery of all our new developments and as always, our focus will remain on building strong partnerships both within the VCS, with statutory organisations and with local employers.

#### Developments in crisis support and prevention

Particular focus in the coming year will be around developing our crisis support and prevention work. From late 2017 we will be part of a new Airedale, Wharfedale and Craven crisis care pilot, working in partnership with Project 6 and other VCS organisations based in Keighley.

From early 2018 we will also be participating in a national peer support research programme: ENRICH, in partnership with Bradford District Care NHS Foundation Trust, which will evaluate peer support as part of discharge from inpatient settings, as a way to reduce readmission and enhance recovery.

#### MyWellbeing College

2018 will also see further developments in our work as part of the MyWellbeing College VCS Network. We have already started delivering short Stress Buster sessions, but will soon be delivering structured self-help as well as additional group work.

#### Peer support development

Building on the success of our peer support work in Haven, we are excited to be working with Bradford District Care NHS Foundation Trust and Bradford Metropolitan District Council to identify ways to grow the peer support workforce across mental health services. We have four peer support workers who are now embedded within Bradford's MyWellbeing College Assessment Hub. This means that right from the point of someone self-referring for therapeutic support, they can speak to people with lived experience of mental health difficulties.

# Our Governance

Strong governance is key to the success of our charity and as our organisation has developed, so has our Board of Trustees. In the past 18 months we have appointed a new Chair, David Cockett, and there have been two additional appointments: Chris Richmond, a registered paramedic and pricing manager at NHS England, and Mick James, a former CCG mental health commissioner. With support from the Lloyds Bank Foundation we are also currently undergoing a governance review – looking at how we further strengthen this area.

Our CEO, Kim Shutler-Jones, appointed three years ago by our Board of Trustees undertakes an important leadership role within the Voluntary and Community Sector (VCS) in Bradford. She is the founder and Co-Chair of the Bradford and Craven VCS Mental Wellbeing Provider Forum, and the VCS representative on Bradford's Mental Wellbeing Partnership Board, and A&E Delivery Board.

### Mick

"As a former mental health commissioner, I've seen The Cellar Trust evolve over the years; it's positive to see how it has diversified some of its work in order to play a bigger role in Bradford and the surrounding areas. When I left my position in the NHS in April 2017, I was pleased to be accepted as a Trustee, and to be able to use my skills and experience both as a mental health nurse, and as a senior manager in the NHS. to contribute to the governance and leadership of the organisation. The CEO and the Board are currently in the process of a strategic review and we look forward to collectively taking the organisation from strength to strength."

Mick James Trustee, The Cellar Trust

# Thank

This impact report is dedicated to each and every one of our staff and volunteers who have shown just how much hard work and a positive attitude can achieve. We are also hugely grateful for all the help given by our supporters over the last 18 months, which has enabled us to make a real difference in the lives of thousands of people across the Bradford district, Airedale, Wharfedale and Craven.

Thank you so much for your hard work and ongoing support.

#### Contact us

If you're interested in learning more about what we do or working with us, contact us at **mail@thecellartrust.org** or give us a call on **01274 586474.** 

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To protect their identities, some of the names of clients in this publication have been changed.

The Cellar Trust is a registered charity (no. 701982) and a company limited by guarantee registered in England and Wales (no. 2304802).

#### The Cellar Trust

Farfield Road Shipley West Yorkshire BD18 4QP