**Enlighten The Shadows – Q&A’s (from 08 September 2023)**

Here are the questions event attendees asked about Enlighten The Shadows & Rory’s answers:

**Q1. Where is the money raised stored and what is it spent on?**

A1. We have safeguarded currently £20,000 until we can project whether getting a paid staff is appropriate. So far we spend on; banners, business cards, posters, beermats, paid ads, podcast/media, apps/software, insurance.

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**Q2. ETS how do you know how many lives you have saved?**

A2. It is a ballpark figure due to the data collated from interventions of people at crisis, and direct feedback that we have saved their life.'

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**Q3. ETS are you trained counsellors and what mental health input do you have?**

A3. We ensure all volunteers at a minimum when first join the team complete a basic Hour Training on Zero Suicide Alliance, then transition into a L3 Mental Health First Aid course, Currently x4 members have this.

I have almost finished in a CBT Degree to be an accredited counsellor/therapist. Any volunteers have to agree to our policy to safeguard and are effectively guided through preferred roles in supporting men.

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**Q4. Is ETS a charity? so can people donate I read that there are retreats programmes and courses? who provides these and funds this?**

A4. We have just applied, the applications currently after speaking to our solicitor last week that it can take up to 6 months to have it officially registered. People can donate if contact us directly. We don't like to beg off people but support first.

Also, if people want to donate through fundraising, we support people with this process. We are going to update a donation section for people who do want to, due to increase of awareness in our work.

We actually have discussed a workshop/retreat for 2024. It is on our agenda as we have grown.

We want to explore nature and its power, arts/painting, meditation and breath work, food and diet, emotional resilience and more!

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**Q5. Your work is fascinating - are the statistics available via Freedom of Information?**

A5. We are collating a professional document with the data as we are updating our website as it needs lots of change due to lots of work, boots on the ground in the last 6 months or so.

For context, we are all 100% voluntary and have full times jobs. Apologies we don't have this to hand just yet! Looking after ourselves and others and all the time that goes into this takes priority.'

**Contact email to chat as requested:** [**enlightenthesh1@gmail.com**](mailto:enlightenthesh1@gmail.com)

**'this is a mechanism used by multiple men that don't use social media/apps and prefer not to meet up in person either.'**