

ANNUAL ACCOUNTS

2021-22



Mental Health
Foundation





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Administration



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| Patron | HRH Princess Alexandra The Hon Lady Ogilvy KG GCVO |
| Trustees | Aisha Sheikh-Anene (Chair) Sonia Nerys Edmonds (appointed 26th May 2022) Saash Blaylocke (appointed 26th May 2022) Huma Maryam Malik (appointed 26th May 2022) Laura Alice Earnshaw (appointed 26th May 2022) Richard Scothorne Gavin Davidson Rosie Tressler OBE Jonny Jacobs Chris Martin Steve Workman Siobhan Sheridan (resigned 29th September 2021) Ann John (resigned 29th September 2021) Jenny Paton (resigned 1st October 2022) Narayanan Vaidyanathan Karla Portilla |
| Secretary | Adrian Lance |
| President | Professor Jacqui Dyer OBE |
| Senior Management Team | Mark Rowland, Chief Executive Anna Kingsley-Nyinah, Director of HR and Wellbeing Antonis Kousoulis, Director for England & Wales Lee Knifton, Director for Scotland & Northern Ireland Sarah Tite, Director of Fundraising & Communication (left 21st June 2022) Alexa Charnley, Director of Fundraising and Communications (joined 12th September 2022) Adrian Lance, Director of Finance & Resources |

| | |
|--|---|
| Registered and principal office | Unit 2 193-197 Long Lane London SE1 4PN |
| Website | www.mentalhealth.org.uk |
| Twitter | @mentalhealth |
| Facebook | facebook.com/mentalhealthfoundation |
| Company registration number | 02350846 (England and Wales) |
| Charity registration numbers | England and Wales: 801130 Scotland: SC 039714 |
| Auditor | Buzzacott LLP 130 Wood Street London EC2V 6DL |
| Bankers | Coutts & Co 440 Strand London WC2R 0QS |
| Investment managers | CCLA Investment Management Limited COIF Charity Funds Senator House 85 Queen Victoria Street London EC4V 4ET |
| Solicitors | Bates Wells Braithwaite London LLP 10 Queen Street Place London EC4R 1BE |

Introduction



BY AISHA SHEIKH-ANENE, **Chair of Trustees**
& MARK ROWLAND, **Chief Executive**

I am so proud of the vital work you have helped us to deliver in 2021.

While through much of 2021, we all had to deal with more pandemic lockdowns, our work and focus on prevention in mental health was needed more than ever.

Despite these restrictions, we continued to commission new research, develop new community programmes and made sure that mental health remained a UK-wide priority through our policy and public awareness work.

We continued our ongoing Coronavirus: Mental Health in the Pandemic study, which made sure that mental health was a key consideration in the public health response to the pandemic.

Our subsidiary, Mental Health at Work has continued to expand its work and reach with a range of employers across the UK and internationally.

Together with the London School of Economics and Political Science, we also carried out 'The Economic Case for the Prevention of Mental Health Conditions in the UK' study. This estimated the cost of poor mental health for the UK and gave the latest evidence of what works to prevent poor mental health. In Scotland, 15,000 students from nineteen universities participated in

our Thriving Learners project, with data now being used to develop university education provision.

In the community, we worked with key groups at risk of poor mental health to launch our Covid Response Programme with eight separate partners across the UK. We invested in programmes like Living Well in Scotland, which gives emotional support to those living with long-term physical conditions, and in Wales, working alongside the Betsi Cadwaladr Health Board, we trialled ways of supporting the mental health of people affected by long Covid. In England, our Young Mums Connect work continues to support the mental health of young mothers and their families.

We had promising results from the first year of our highly acclaimed trial, Becoming a Man programme, which showed 75% of the young people involved had increased empathy and 59 % reported improved relationships.

Our wonderful supporters gave over £1.68m through Facebook last year, and £215k from our tireless and inspiring London Marathon runners, who were determined to run, despite the disruptions of Covid. We were also delighted to continue our successful partnerships with Neom, SimplyHealth, Lloyds, Knight Frank, Zizzi and raised a fantastic £300k with Yogscast Jingle Jam.

Lastly but certainly not least, we ran an online version of our annual mental health arts festival and the 21st Mental Health Awareness Week 2021, with the theme of Nature. The week reached millions across the UK, which kicked off a vital public discussion about nature's positive effects on our mental health. We saw strong political engagement, including a parliamentary event and a meeting with the Secretary of State for Health.

We continue to work to be an anti-racist organisation, becoming more diverse in the staff we attract and inclusive in our messaging and research approaches.

With the establishment of our presence in Northern Ireland, we are excited to now make the Foundation a truly UK-wide organisation.

Thank you for standing with us and for all your support.

A handwritten signature in black ink, reading 'Aisha Sheikh-Anene'.

AISHA SHEIKH-ANENE
Chair of Trustees

A handwritten signature in black ink, reading 'Mark Rowland'.

MARK ROWLAND
Chief Executive

Who we are



Our vision

Our vision is good mental health for all.

Our mission

We work to prevent mental health problems, helping people to understand, protect and sustain their mental health.

We drive change towards a mentally healthy society for all, and support communities, families and individuals to live mentally healthier lives, with a focus on those at greatest risk.

We are also the home of Mental Health Awareness Week.

The practical things we do



1. Tell the world - why prevention is the foundation for effectively addressing the ongoing mental health crisis.



2. Find solutions - innovate universal and targeted evidence-based community programmes for large numbers of people. Generate and share evidence of practical solutions that prevent mental health problems entrenched in the lived experience.



3. Inform and empower - enable mentally healthier lives through public information and engagement.



4. Change policy and practice - build partnerships and champion prevention in policies. Influence the societal changes that are adopted by Government and organisations.

Trustees' report

(including director's report and strategic report)



The trustees (who are also the directors of the charitable company for the purposes of company law) present their statutory report together with the consolidated financial statements of the Mental Health Foundation (the Foundation) and its subsidiary (Mental Health at Work) for the year ended 31 March 2021.

The report has been prepared in accordance with Part VIII of the Charities Act 2011 and constitutes a directors' report for the purpose of company legislation.

The financial statements have been prepared in accordance with the accounting policies set out on pages 46 - 49 of the attached financial statements and comply with the charitable company's memorandum and articles of association, applicable laws and Accounting and Reporting by Charities: Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102).

The trustees confirm that they have had due regard to Charity Commission's guidance on public benefit.



Our prevention approach

Our strategy commits us to the development of practical prevention solutions – informed by the best evidence available. We’re placing this search for solutions in three key frames:



Tell the world

Prevention is fundamental to effectively dealing with the ongoing mental health crisis

Objectives & achievements

We continued leading on our UK-wide **Coronavirus: Mental Health in the Pandemic** study with the University of Cambridge, De Montfort University, Swansea University, University of Strathclyde, and Queen's University Belfast. The study has led to considerable research and policy impact.

We launched our **Personal Experience Network (OPEN)**. OPEN members have been engaged 25 times in the work of five departments and in cross-organisational strategic work. This included hypothesis generation through to project evaluation and media/parliamentary work. OPEN's involvement continues to enhance our work by deepening our insights and engaging new audiences.

With funding from Jingle Jam, we used a creative research approach to gain a better understanding of how **gaming relates to mental health**, through the words and experiences of players themselves. Based on our findings, we co-produced suggestions for the industry to support the mental wellbeing of players and reflective resources for players themselves. We explored new ways of sharing our outputs, with our YouTube film gaining over 55,000 views.

Our 2021 Mental Health Awareness Week **Policy Briefing on Nature and Mental Health** was included in The Nature Connection Handbook as an exemplary case study. The handbook was funded by Natural England, the government's main advisory body on England's natural environment.

The Scottish Mental Illness Stigma Study (SMISS) in partnership with **See Me** was completed in March 2022. The study provided unprecedented insight into the effects of stigma on people living with mental illness, and recommended actions to tackle stigma.

More than 15,000 students from all 19 Scottish universities participated in our **Thriving Learners** Higher Education Student Mental Health and Wellbeing study. The findings were published in November 2021 and have already begun to inform positive changes in the sector.

Plans for the coming year

We will continue to communicate our findings from the **Mental Health in the Pandemic study** with stakeholders, researchers and the public, and explore what our evidence means for the nation's mental health in the future.

We will conduct new research on **loneliness and mental health**, focused on the core finding that many experiences of loneliness are not recognised.

Continuing **SMISS**, a national qualitative study will be completed and will help us to understand stigma in more depth and to inform how we tackle this from the perspectives of people living with mental illness.

We will continue the **Thriving Learners** study with a focus on further education colleges.

Following the publication of '**The economic case for investing in the prevention of mental health conditions in the UK**', we will complete a follow-up study that will explore the best methods for evaluating the cost-effectiveness of preventative mental health interventions for asylum-seekers and refugees, and for young people at higher risk.

Objectives & achievements

We published '**The economic case for investing in the prevention of mental health conditions in the UK**', in partnership with the London School of Economics, which found that mental health problems cost the UK economy £118 billion per year. This report has been shared widely among decision-makers in the four nations to inform public mental health policy.

We developed a research proposal in partnership with the Poverty Alliance, the University of West of Scotland, and the University of Strathclyde to address gaps in knowledge about the relationship between **poverty stigma** and mental health using a new measurement tool that can be quickly applied in real-world settings.

In June 2021, three years into our seven-year partnership with **Barnardo's**, we published our baseline evaluation for its Core Priority Programme in Northern England, Scotland and Northern Ireland. This research provided valuable insight into child and youth mental health and is helping to shape the future of the programme.

Plans for the coming year

We will complete and publish our collaborative research on **poverty stigma** and shame, and ensure these findings influence local and national policy.

In the next stage of our work with **Barnardo's** we will publish a methodology paper in the 'Evaluation' journal, focusing on a Theory of Change approach to understanding systems change.

This will include a peer research strand to increase our insight into young people's views on systems change for child and youth mental health.

Find solutions

Innovate universal and targeted evidence-based community and peer programmes

Objectives & achievements

We increased our peer-delivered Further and Higher Education transition programme, "UOK?" into seven universities and twelve **Further Education (FE) colleges across England** including Birmingham, Manchester, Bolton, and Durham. This led to the development of a new strand of work by, and for, FE students through our partnership with the **Association of Colleges**, developing an innovative peer wellbeing role in three FE colleges in London and the Southeast.

We continued to successfully deliver our **Becoming A Man (BAM)** programme in three London Borough of Lambeth schools. Interim evaluation results after the first year showed **75%** of young people had an increased empathy score, **59%** showed improved relationships with adults, and **55%** reported improved academic motivation.

We created a new partnership with the **City of Sanctuary** to empower their wellbeing work with refugees and asylum seekers.

Alongside **Betsi Cadwaladr Health Board** and the **Bevan Commission**, we have been trialling ways of running peer support for people experiencing **Long Covid**.

We worked with a large **police** force in **South Wales** to help it understand the effect it is having on the mental health of the people it serves.

As part of the **Covid Response Programme, in partnership with The ALLIANCE**, we launched the **Living Well: Emotional Support Matters** programmes with eight delivery partner organisations to provide mental health support to people living with long-term health conditions across Scotland.

During summer 2021, we trained 72 staff from community organisations across Edinburgh with the **StressLess resource**. They supported **2,400 disadvantaged young people** with self-management tools and strategies using the StressLess resource. It was embedded in a range of summer programmes featuring over 50 different activities including sports and the arts.

Plans for the coming year

We will continue running our **Peer Education Project** in secondary schools and continue developing digital delivery.

As part of the innovative '**Young Black Men and Mental Health**' initiative, we will expand **BAM** to three schools in the London Borough of Islington.

We will launch a new '**People Seeking Sanctuary**' Research Consortium with **Cardiff Metropolitan University** to support students who are refugees.

We will commission an external evaluation of the **UK Covid Response Programme** focusing on implementation and quality.

We will **launch new work** that continues to make community mental health support available for **single parents and their families** across **Wales**.

In addition to the **Living Well** programme, we are joining six organisations working with **Black and minority ethnic groups** together with lone parents in **Scotland**.

In **Northern Ireland** we will develop a programme with community health centres to support people living with **long term health conditions**.

Objectives & achievements

We worked in partnership with **Edinburgh City Council, East Lothian CAMHS (Meadows), and Cyrenians** to co-produce a training programme on cultural humility and trauma-informed care to support a new programme for unaccompanied **young asylum seekers and refugees**. The group took part in a **Photovoice** project to share their views of connection, community and identity.

We worked closely with Parents Councils and **identified 'buddies' who were paired up with refugee and asylum-seeking communities**. We exceeded our target to include seven people from refugee and asylum-seeking backgrounds in different Parents Councils across Glasgow.

Further work with refugee and asylum-seeking communities included creating learning resources about mental wellbeing and a poster exhibition called '**This is What Hope Looks Like...**'. This exhibition highlights what gave people from asylum-seeking communities a sense of hope when they first arrived in Scotland.

We also supported **17 people** through an accredited 40-week course on community development.

Plans for the coming year

Further staff training informed by the **Photovoice** project with **young unaccompanied asylum seekers and refugees**. This will take place in the summer of 2022 for Edinburgh City Council, East Lothian CAMHS (Meadows) and Cyrenians.

Our work with refugee and asylum-seeking communities will continue as we support people to be more visible and active in their new neighbourhoods.

We will make sure that mental health information and support is tailored to be relevant and appropriate for communities.

Inform and empower

Enable mentally healthier lives through public information and engagement

Objectives & achievements

We maintained a **COVID Resource Hub** for over two years that gave advice to the public on how to look after their mental health during the various stages of the pandemic. **Over 3 million** visitors visited our pages.

Working with **Nottingham University** and Oscar-winning **Aardman Animations**, we co-produced a series of animated shorts to increase students' mental health literacy. They are hosted by the Foundation at whatsupwitheveryone.com

We ran a seminar series in **Oxford** exploring issues not typically associated with public mental health but critical to ensuring a prevention approach maximises its potential. Topics this year included: **racism as a public mental health concern** and **public mental health approaches to psychosis**.

We contributed content and research to a regular feature in **Psychologies magazine** aimed at improving the understanding of a range of mental health concerns - including self-help.

We co-produced an online mental health training resource with **Looseheadz** for the sporting world.

We hosted **VOX** and substantially increased its core funding and the national team from three to five staff. **VOX** has been key in influencing change on a number of national developments in **Scotland**, including the mental health law review, creating national standards within adult secondary mental health services. Its members have had a voice in a number of areas such as the National Care Service and the effects of COVID.

We successfully launched a digital **Professional Learning Resource**, freely available to all school staff across Scotland. This resource was developed with Digital Bricks, Children's Health Scotland and the Scottish Government. It provides both knowledge and practical advice for all school staff on how to promote a whole school approach to mental health and wellbeing.

Plans for the coming year

We will continue running seminars on neglected public mental health topics alongside strong partnerships.

We will update and redesign our core **'How to look after your mental health'** advice based on our own research.

We will run the **Green Ribbon Arts Festival** in Newport, Wales, focusing on showcasing arts-based innovations about working with those with trauma.

VOX will work with the **Scottish Recovery Network** to develop engagement with people who have a diagnosis of personality disorder to capture what is needed to improve lives and drive positive change across Scotland.



Change policy and practice

Build alliances and champion prevention in policies and changes to society that are adopted by the Government and organisations

Objectives & achievements

Following years of lobbying and influencing, the Government is now in the process of developing a new **10-year cross-government Mental Health and Wellbeing Plan**. We worked closely with the Department of Health and Social Care (DHSC) to advise on the contents of the discussion paper for the plan.

We worked extensively with parliamentarians and policy makers to bring about changes to the **Health and Care Bill** that will help to secure good mental health for all. We took a leading role in coordinating the mental health sector and members of the House of Lords to secure a government amendment that puts 'knowledge and experience' of mental illness, including its prevention, on Integrated Care Boards.

We have worked closely with the Government to influence the national public health arrangements in England following the abolition of Public Health England. This resulted in important structural changes that retain public mental health functions within a distinct Office of Health Improvement and Disparities within the **Department of Health and Social Care**.

In April, the UK Parliament's **Women and Equalities Committee** published the final report of its inquiry into body image, which drew extensively on our written and oral evidence.

In Wales, we gave oral evidence to the **Senedd's Health & Social Care Committee's** inquiry into mental health inequalities.

Our influencing work led to changes to the way the Welsh mental health strategy, **Together for Mental Health**, will be evaluated. It will now specifically include a clear assessment of outcomes for those experiencing inequalities.

As chair of Scotland's Mental Health Partnership (a collective of 17 mental health charities and professional bodies in Scotland) we helped lead the publication of the '**Promote, Prevent, Provide**' manifesto for the Scottish Parliamentary elections and met the Minister for Mental Wellbeing & Social Care twice.

Plans for the coming year

We will continue to influence legislation and plans for better mental health, including key areas across national and local government, including body image, online harm and the structure of **Integrated Care Boards**.

We will remain an **influential independent voice** for public mental health during the country's transition to a new Prime Minister and beyond.

We will continue to Chair **Scotland's Mental Health Partnership** to collectively influence policy. The Partnership will produce a submission to the review of Scotland's Mental Health Strategy 2017-2027.

We will run a **Scottish Councils Election** campaign to put mental health prevention on the agenda at local level.

We will lead the **Diverse Experiences Advisory Panel (DEAP)** in Scotland and support it to advise on Scotland's mental health policy.

Objectives & achievements

.Our **#WellbeingSociety** campaign for the Scottish Parliamentary elections successfully influenced the manifestos of all five main Scottish political parties. This was followed by our work influencing the new Programme for Government which resulted in an additional investment of £21 million in a Community Mental Health and Wellbeing Fund.

Our submission to **Northern Ireland's 10-year Mental Health Strategy** consultation was supported by the NI Mental Health Champion. The published strategy included our recommendations, together with a commitment to a **Prevention & Early Intervention Action Plan** and cross-departmental action to address the social determinants of mental health.

We secured funding from the Scottish Government to develop and deliver a **Diverse Experiences Advisory Panel (DEAP)** comprising citizens from diverse backgrounds, who will shape Scottish policy.

We published a report and academic paper on the mental health effects of Universal Basic Income (**Universal Basic Income – Scotland | Mental Health Foundation**) and shared it with policymakers.

We have a leadership role in **Scotland's National Suicide Prevention Leadership Group (NSPLG)**, leading the oversight of the new pilot service for people bereaved by suicide.

During **COP26** in November 2021, we held a virtual community participation event on climate change and mental health. More than 70 attendees joined from across each of the four nations in the UK. Participants heard from leading national and international experts on the topics of climate change, a just transition and their implications for mental health.

Plans for the coming year

We will continue to advocate for mental health to be considered in Scottish plans for a **Minimum Income Guarantee**.

We will produce a report on the mental health effects of **Zero Hours Contracts** and share it with roundtable attendees and policymakers.

As part of the new **Scottish Mental Health Strategy**, we will advocate for the roll-out and mainstreaming of evidence-based support for all **families bereaved by suicide**.

We will publish the report on the Foundation's **COP26** community participation event and share it with policymakers.

Fundraising & communications



Our Approach to Fundraising

Supporters of the Mental Health Foundation are at the heart of who we are and what we achieve towards our vision of good mental health for all.

We are grateful not just for all the support given but also the trust that is being gifted to us with each donation we receive.

Every donation is helping to transform lives. We would like to extend our thanks to the following for their support.

Royal Patron

HRH Princess Alexandra The Hon Lady Ogilvy KG GCVO

Unrestricted donations from Trusts and Foundations (greater than £1,000)

| | |
|-------------------------------|---------|
| Peacock Charitable Trust | £27,000 |
| EC Sosnow Charitable Trust | £3,000 |
| G M Morrison Charitable Trust | £3,000 |
| Forest Hill Charitable Trust | £2,000 |
| Scouloudi Foundation | £2,000 |
| White Oak Charitable Trust | £2,000 |
| Ronald Miller Foundation | £1,750 |

Legators

We are grateful to all the people who chose to support the Foundation with a gift in their Will.

We have listed below all the legacies where a cash amount or quantifiable notification of more than £10,000 was received during the year 2021/22.

| | |
|--------------------------------|------------|
| George Stanley Wilkinson | £1,232,515 |
| Florence Hicks | £105,000 |
| David John Boulter | £100,000 |
| Mary McKenzie Lund | £88,000 |
| Jean Ann Rees | £71,762 |
| Mrs E Sion and Mr S R Chalmers | £51,749 |
| Stephen Schick | £51,254 |
| Pamela Jung | £50,000 |
| Brenda Marie Mollison | £30,000 |
| John Franklin Usher | £23,750 |
| Jane Powell | £21,642 |
| Viranshu Vimal | £20,000 |

Public fundraising



Challenge events

2021 was a record-breaking year for the London Marathon, with a whopping **£215k** raised from our wonderful 56 runners.

Despite charities still feeling the effects of the COVID-19 pandemic in 2021, through to early 2022, overall, our income from challenge events was healthy, as we saw many supporters organising their own DIY events across the UK in support of the Foundation.

Face to face fundraising

A new face-to-face fundraising model was tested in September 2021, beginning with street fundraising in London. We then tested Private sites in Northern England, largely in shopping centers and train stations.

By March 2022 the campaign recruited 1,244 donors.

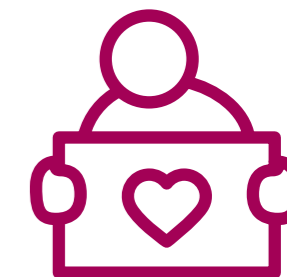
Welcome calling conducted by our partner agency 16O reflects positive feedback on the interactions with our fundraisers:

Digital

Whilst income raised via the Facebook platform has declined across the sector, in November 2021, we ran our first Facebook challenge event, '12,000 Steps a Day in November,' which was popular with our supporters and proved to be a successful model of fundraising with **£38k** raised in total.

"Its affected people close to me. It was clear that the fundraisers understood the issues around mental health...somebody is trying to do something."

New supporter, Julie



Corporate partnerships



The team continued to work with partners across all disciplines of corporate fundraising; from employee fundraising and events with **Knight Frank** as part of its Day of Giving, to direct project support from **Simplyhealth** and **Lloyd's**, to cause related promotions with **Neom Organics** and **Floward**, and customer and brand-based fundraising with **Zizzi**.

We were pleased to be involved in the world's biggest charity gaming event, **Jingle Jam**. This year the event raised almost **£300k** which we will use to develop a digital platform for our secondary school **Peer Education Project**. The platform will help more young people and teachers to use our evidence-based resources, supporting them to protect their mental health.

Because of the success of Jingle Jam, we were also able to increase our commitment to providing online courses aimed at professionals in the education and health sectors, sharing our expertise and building capacity within these professions.

We are grateful to all the UK companies who have supported us this year and look forward to continuing to make a difference to people's mental health with the support of our partners.

We would like to thank the following corporate partners, for their support, direct and in kind.

| | |
|---------------------------|-----------------------|
| BMS | Knight Frank |
| Christian Dior Couture UK | Lloyd's |
| Floward UK | NEOM Ltd |
| Hearst UK | Simplyhealth |
| Hoxton Hotels | Zizzi Restaurants Ltd |
| Jingle Jam | |

Affiliates



We have continued our partnerships with affiliate fundraising platforms such as **AmazonSmile** and **Paypal**.

AmazonSmile, through which supporters select the Foundation from a list of eligible charities and Amazon donates 0.5% of the price of eligible purchases, allows people to donate to the charity at no additional cost to themselves. In 2021/22, the Foundation raised **£42k** in income through this partnership.

Supporters also donated through the Paypal Giving Fund, and **£115k** income was raised through this method in 2021/22.



Simplyhealth

Working with the **Wildfowl and Wetlands Trust**, we secured funding of **£109k** from **Simplyhealth** to support lone parents and people with long-term health conditions from diverse backgrounds, through a wetland health programme.

'**Blue Prescribing**' promotes a range of mental and physical health benefits through facilitated wetland nature engagement at the London Wetland Centre. A co-designed self-management course is then delivered by the Mental Health Foundation.

The aim of the programme is to improve mental health by providing access to blue and green spaces whilst participating in a six week course. Working with peer group, participants will build on their learning week by week, building knowledge and resources which will help them manage their mental health.

Those taking part are encouraged to split their time between face to face nature based activities on site at the wetlands centre and online learning.



Mental Health at Work

Our subsidiary **Mental Health at Work CIC** has experienced an unprecedented demand from clients over the past 12 months. Over this period, we reached **7,677** employees, which represents an 11 per cent increase over the previous 12 months, working with 58 clients. Our work had increasingly become more globalised as several clients have requested an international rollout of our programmes. This has enabled greater understanding of stigma and readiness across different regions, cultures and workplace environments.

In addition to the **UK**, we delivered workshops in the **USA, Australia, Asia** and mainland **Europe**. Listening to the needs of our clients we developed and delivered an increasingly diverse range of workshops including **MHaW Mental Health Allies[®], Psychological Health and Safety, Burnout** and **Situational Anxiety**. We have supported organisations with a modular approach offering flexibility in terms of content. We were also able to offer our clients the choice of virtual or face-to-face delivery of our facilitated workshops. As a result, we are increasing the opportunity for people to connect at work and have natural conversations about mental health.

Ongoing relationships continued to strengthen with clients such as **WPP, Anglian Water, Mizuho, Nandos, Unicef** and **Central England Co-Operative**.

New clients to come on board over the past 12 months include **Starbucks, Philips, Catapult Sports, ICAS** and **Clyde & Co**.



Mental Health Awareness Week (MHAW) 2021



This was the 21st year we have run Mental Health Awareness Week. The week has grown over the last few years and is the event the charity is best known for among the public.

The week continues to be highly influential in setting the UK-wide narrative around mental health and is also fundamental to growing the understanding of prevention amongst the public and policy makers while driving policy. It has performed consistently-strongly for the last five years and is a moment each year where MHF is confident it will be able to raise our public profile for its interventions, fundraising, policy and programmatic activity and engage with an audience of millions of people.

Highlights

- The Foundation secured over 25% share of voice for MHAW which is up by 3.3% compared with 2020.
- There were 1,654 unique media mentions of the Mental Health Foundation during MHAW reaching an estimated 58.2m people (according to the Foundation's media monitoring Cision), a slight increase in mentions compared to 2020 (1,410 mentions and 181.4m reach).
- The Duke and Duchess of Cambridge engaged with MHAW by holding Mental Health Minute on Friday 14th May 2021. This activity significantly boosted coverage alongside a widely covered mid-week visit by the Duke and Duchess to Wolverhampton. The Royal Foundation also provided a graphic of the Duchess of Cambridge and a quote for the Foundation to use specifically on the Foundation's social channels.
- A very wide and eclectic range of celebrities and public figures engaged with the week. Some of the highlights included a Letter to Editors from Julie Walters, Gail Porter talking about mental health on C4's Steph's Packed Lunch and insights from Dr Radha.
- This year for the first time Wales secured extensive quality coverage across all media types during the week. ITV News Wales at 6pm interviewed Jenny Burns - Associate Director (Wales) live, whilst also featuring a pre-recorded interview with a case study of Ruth Knight from Standing Together Cymru as well as Natalie Sadler.
- For the first time ever both Foundation's hashtag #MentalHealthAwarenessWeek and #ConnectWithNature were trending in the UK on Twitter at #1 and #2 position on the first day of the Week.
- Secretary of State for Health, Matt Hancock, recorded a mental health video with CEO Mark Rowland. They discussed the scale of the mental health problem and the evidenced- based preventive solutions that could be actioned to tackle this growing concern.
- Prime Minister Boris Johnson referred to MHAW during his Coronavirus Press Conference to the nation at the very start of the week.



- Minister for Mental Health Nadine Dorries, Shadow Minister for Mental Health Rosena Allin-Khan and Liberal Democrat Spokesperson for Health and Social Care Munira Wilson MP were all speaking at the Foundation's virtual Westminster Parliamentary event.
- The Foundation's Programmes were heavily featured during MHAW this year. Standing Together Cymru attracted a lot of media attention including ITV Main News Wales
- Our joint project with WWT London Wetlands Centre to assist hundreds of people gain access to nature through Blue Prescriptions Programme was featured on the front page of The Guardian.
- Over 6,000 school packs were downloaded showing the importance that nature plays on children's mental health. Plus, The Week Junior put us on the front page (circulation of 240,000 targeted at young people).
- Over 1.1 million page views on the Foundation website, around 80% of which was from new visitors. Nature Top Tips received over 80,000 page views.
- Engagement on Facebook grew from 2020 to 2021, even though there was a decrease in followers.
- To date the Direct Mail Appeal has raised £10,838 and still counting, exceeding its income target of £9,000 already. The appeal focussed on the Nature Peer Education Programme for Schools and young children.





Scottish Mental Health Arts Festival (SMHAF) 2021



The fifteenth Scottish Mental Health Arts Festival (SMHAF) took place between 3 - 23 May 2021 and featured 180 online and outdoor events across Scotland. It reached audiences of approximately 10,500 people. Led by the Mental Health Foundation and supported by partner organisations from across Scotland, the annual festival aims to support the arts, explore how engagement in the arts can help prevent mental ill- health and challenge mental health stigma.

The theme for 2021 was 'Normality', chosen because of a widespread desire among our national network of artists, mental health activists, and community groups to question the value judgements associated with a word that has appeared frequently in the media in the wake of the COVID-19 crisis.

The programme set out to explore what 'normality' means to people experiencing mental ill- health, whether getting back to 'normal' is considered desirable after the pandemic, and how a new 'normality' might better support our mental health as a society. It was a theme that resonated strongly with artists, people with lived experience of mental ill- health, and audiences.

The festival was originally planned as a live events programme, complemented by online activity to enhance accessibility and reach. With the announcement of the second lockdown early in the year, it became clear that it would not be possible for many events to take place in person, even with the reduced audience numbers that had been anticipated.

Less than 40 out of 180 events were able to go ahead in person, and of these all were aimed at engaging small groups in creative activities, mainly in outdoor settings. Even so, the festival featured programmes from 12 regions across Scotland. The core programme, including the International Film Awards programme, Writing Awards, and a series of curated discussion events, all took place entirely online.



Financial review

FINANCIAL RESULTS FOR THE YEAR ENDED 31 MARCH 2022



The Foundation's income and expenditure in 2022 was broadly balanced with a £0.4m surplus after the unrealised gains on investments (£0.6m).

Income - £10.7m (2021: £12.9m)

The total income decreased by 17% in 2022 principally due to the slowdown of digital fundraising which has grown exponentially in the last few years. The downturn of this income stream was expected as other charities' activities grew in this space and donor's focus shifted to different priorities (£2.4m in 2022 from £6.3m in 2021).

Nevertheless, as the chart below shows, all the other income sources have grown from last year, narrowing the gap generated in digital fundraising.

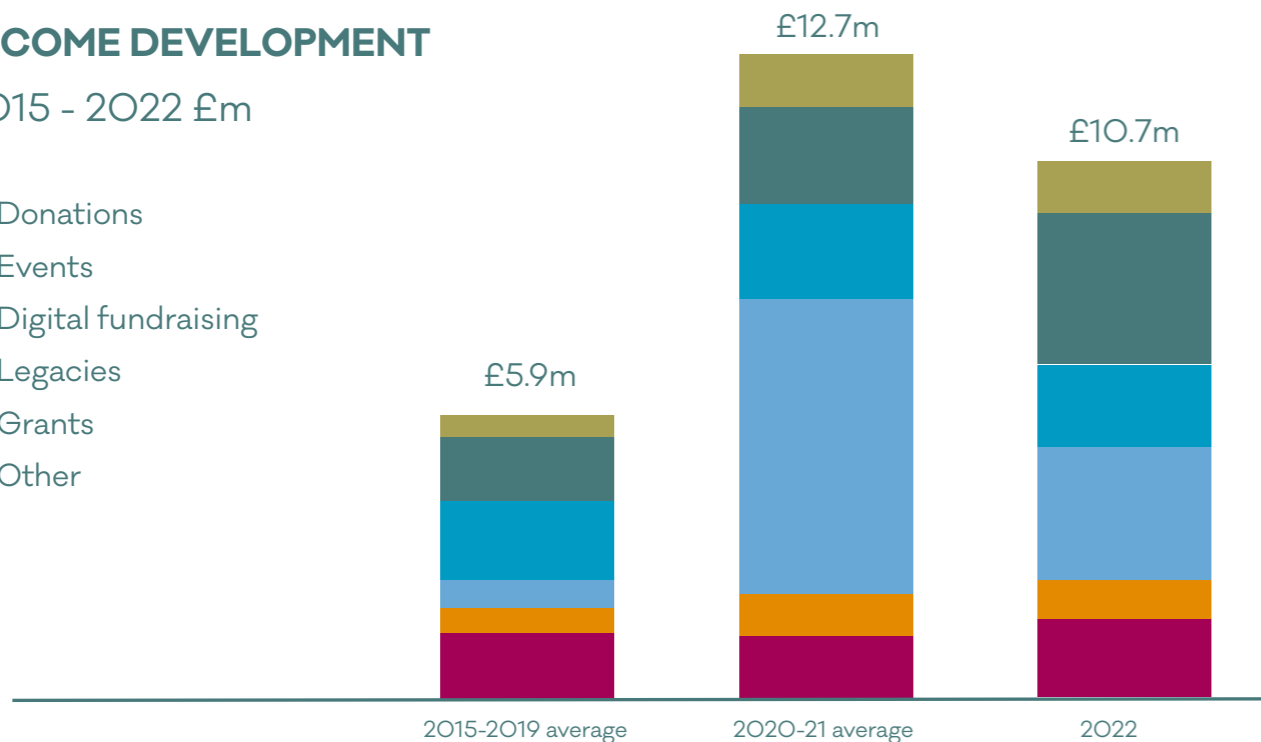
As COVID 19 restrictions lifted, income from events nearly doubled from £0.38m in 2021 to £0.67m this year and trading income also saw a 37% increase. Legacy income remained a steady income source, with an 8% increase from last year (£1.73m in 2021 and £1.87m in 2022).

The Foundation has continued to deliver collaborative work funded by grants, especially as part of the COVID Response Programme which contributed to the increase in grant income from £2.3m in 2021 to £2.8m in 2022 representing 26% of total income, the largest funding stream in 2022.

INCOME DEVELOPMENT

2015 - 2022 £m

- Donations
- Events
- Digital fundraising
- Legacies
- Grants
- Other

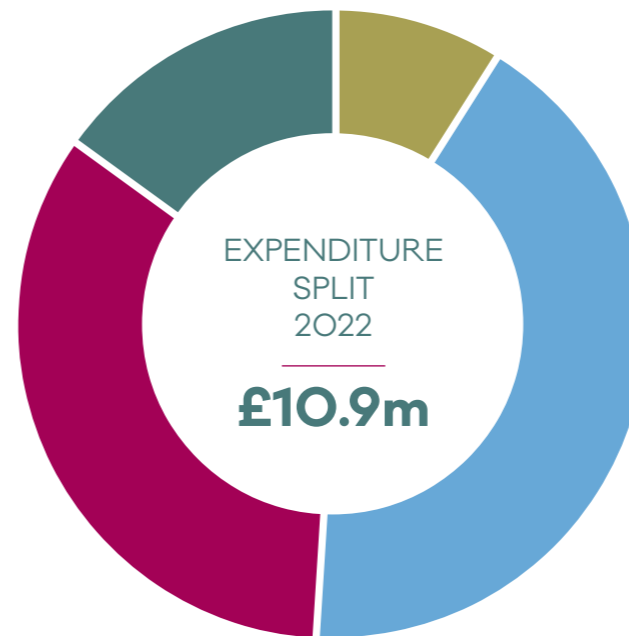


Expenditure - £10.9m (2021: £7.9m)

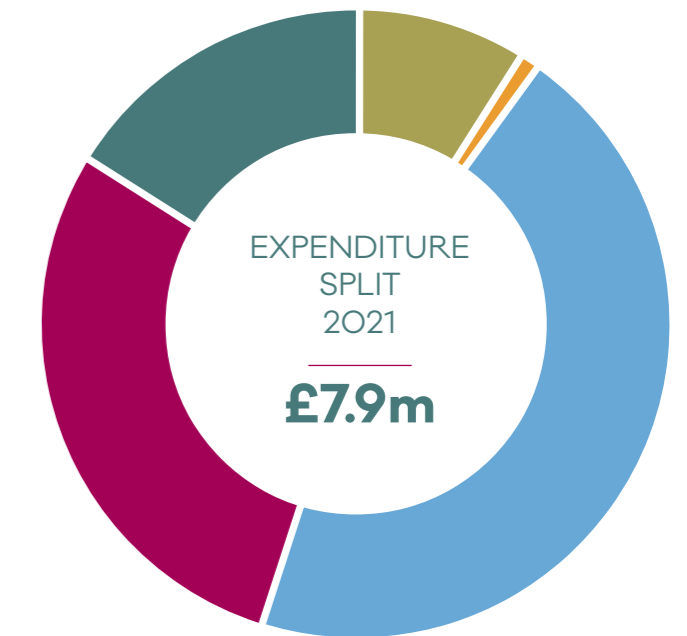
The total expenditure increased to £10.9m from £7.9m in 2022 as the Foundation started to deliver the COVID Response Programme alongside other mental health programmes and invested into our fundraising capabilities.

Increase investment into our information, education, dissemination and advisory services included our new website, offering easier access to information at a time when demand is rising.

The Foundation no longer runs the Learning Disabilities programme as it was transferred to London South Bank University in 2021.



- Raising funds
- MHAW CIC
- FPLD (Learning Disabilities)



- Mental Health Programmes
- Information, education, dissemination and advisory

Balance Sheet

Net Assets £18.9m (2021: £18.5m).

The Net Assets increased by £0.4m from prior year, the cash balance reduced to £1.8m from £11.8m in 2021, while fixed assets increased to £14.8m (£5.2m in 2021) as we have mainly invested in the purchase of a new office in London and transferred more cash to our investments. Due to mainly a significant legacy notification, debtors have also increased to £3.5m from £2.5m in 2021.

The total net assets are represented by unrestricted funds of £6.9m (£6.5m in 2021), restricted funds of £1.8m (£1.5m in 2021), designated funds of £10.2m (£10.5m in 2021) out of which £6.0m forms our fixed asset fund (see details below), and permanent endowment funds of £45k which are to be held indefinitely by the charity.

Reserves policy

Charities hold reserves for a variety of reasons - to manage the charity's resources where income is subject to uncertainty in terms of timing, to ensure that the charity has sufficient financial resources to meet its upcoming liabilities, and to provide funds which enable the charity to take advantage of new investment opportunities when they arise.

In addition, given the impact the cost-of-living crisis will have on both revenue and costs, a higher than usual reserve level will ensure we have stability for the coming years.

As noted above, the level of unrestricted reserves at 31 March 2022 was £6.9m. This represents about 12 months of unrestricted expenditure. The trustees estimate that the Foundation should hold a total reserve level of 6 months unrestricted expenditure due to the potentially uneven receipt of funds from legacies, digital fundraising and any other short-term cash necessity, as well as the potential impact from the Cost of living crisis. Six months unrestricted expenditure currently equates to £3.4m, so the £6.9m at 31 March 2022 was more than sufficient.

The trustees recognise that the Foundation's unrestricted and designated reserves (excluding the fixed assets), £11.0m as of 31st March 2022, are currently significantly above their reserves policy. However, they anticipate that based on the planned designed fund usage, detailed below, and planned unrestricted deficits during part of the strategy period, 2020-25, these will be decreased closer to the reserve level, whilst enabling the Foundation to manage any impact from the coming period of economic uncertainty highlighted above.

Designated Fund Allocation

The Foundation is in the fortunate position that we are able to allocate recent surpluses to specific designated funds which will secure the long-term future of the Foundation as well as being able to further the strategic objectives of the Foundation.

Therefore, the designated funds have been allocated to the following three areas:

Office Purchases Fund £6.7m

Previously the Foundation was leasing offices in all three locations, London, Glasgow and Cardiff. We identified that it would be the right option to use some of our recent surpluses to purchase offices, ideally in all three locations, hence having assets that will secure its long-term future whilst decreasing on-going operations costs. In July 2021, the Foundation purchased a new office in London (£6.0m including refurbishment), close to the previous office, which is a huge step up in working environment for the staff and will enable the Foundation to move forward on a strong footing. The search for an office in Glasgow didn't produce anything appropriate so a new lease has been entered into, in what will be a huge step up in work environment as well. The search for an office in Cardiff has started and we are hopeful we will be able to take the learnings from the London office purchase and find the right location for the Foundation to buy.

COVID Response Programme £2.0m

Following the decision during 2020 to set up a COVID Response Programme to try to help mitigate the impact of COVID upon the public's mental health, which has been profound and unequal, work started in earnest in Spring 2021. The Foundation is focusing on three groups who have been particularly negatively impacted by the COVID pandemic, lone parents, BAME and refugee communities and people with long term physical health conditions. The Foundation's insight has been informed by the evidence generated from its pandemic study which has shown the impact of the pandemic and subsequent lockdowns on the UK population and particular subgroups. The selected groups are also ones where the Foundation has existing experience of evidence-based practice and partnerships that we can draw upon. We have managed to secure matched funding of close to £2m so far and are looking to see if we can engage with other partners so we can amplify the impact from the programmes.

Stephen Schick – Resourcing the Strategy Fund £1.5m

With the implementation of the new strategy from 2020-2025, it has been identified that we need to invest in the Foundation to achieve the strategic aims. Therefore, £2.5m was set aside, which was from the Stephen Schick Legacy, to finance the strengthening of the regional presence of the Foundation across the UK, to invest in fundraising, to develop programmes at scale, and to ensure the future financial sustainability of the Foundation. During the first two years of the strategy period, it was decided to use this mainly to invest in increasing staff capacity, which can be seen in the increase in staff numbers from 94 in 2020 to 136 in 2022.

Investment Policy and Performance

In light of the extremely generous donations we have had over the last four years, which have given us significant surpluses and hence a cash balance far in excess of what is required under the reserves policy, the trustees have decided that an element of these should be invested.

The rationale for this is that trustees have a duty to use the charitable assets to further the charity's aims, which in the case of financial investments will usually involve seeking the maximum return consistent with commercial prudence whilst ensuring a diversified portfolio.

Therefore, the trustees have decided that a mixed portfolio of property, investment fund(s) and cash is suitable for the Foundation.

The selected investment fund needed to be in line with the Foundation's aims, whilst providing a good risk/return profile.

The fund was deliberately chosen with ethical, environmental and sustainable criteria in mind.

Based on this the CCLA Charities Ethical Investment Fund <https://rebrand.ly/ccla-ethical-investment> was selected and the £8m invested in total had grown to £8.8m as at 31st March 2022 including the £0.6m unrealised gain this year. In the light of market conditions, trustees are satisfied with performance.

Structure, governance & management



Constitution

The Mental Health Foundation is constituted as a company limited by guarantee, Company Registration No. 2350846 (England and Wales), and is a registered charity, Charity Registration Nos. 801130 (England and Wales) and SC 039714 (Scotland).

The Group's subsidiary, Mental Health At Work CIC, is a company limited by shares, Company Registration No. 10473373 (England and Wales).

Members' liability

In the event of the charitable company being wound up during the period of membership or within the year following, company members are required to contribute an amount not exceeding £1.

Trustees

The trustees constitute directors of the charitable company for the purposes of the Companies Act 2006 and are also members of the charitable company.

Trustees are appointed for an initial three-year term and may be re-elected for a further two three-year periods. In exceptional circumstances the board may resolve that a trustee may serve one further term of a maximum of three years. At any one time there must be a minimum of three trustees.

The recruitment of trustees is carried out by the Finance, People & Governance Committee which recommends individuals to be appointed by the Board as a whole. New trustees are sought through a number of different routes - from time-to-time trustee posts may be advertised.

Trustee induction and training

New trustees' induction is carried out by the chair and chief executive and they are additionally invited to spend time with any department of the Foundation in which they are interested. Training is provided as required.

Trustee meetings

The trustees must hold at least four Board meetings each year. In addition, the Board has three sub-committees which usually meet quarterly: Finance, People and Governance, Fundraising & Communications and Public Mental Health.

Statement of trustees' responsibilities

The trustees (who are also directors of the Mental Health Foundation for the purposes of company law) are responsible for preparing the trustees' report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and the group and of the income and expenditure of the charitable company and the group for that period.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;

- observe the methods and principles in Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102);
- make judgements and estimates that are reasonable and prudent;
- state whether applicable United Kingdom Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and the group and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Each of the trustees confirms that:

- so far as the trustee is aware, there is no relevant audit information of which the charitable company's auditor is unaware; and
- the trustee has taken all the steps that he/she ought to have taken as a trustee in order to make himself/herself aware of any relevant audit information and to establish



that the charitable company's auditor is aware of that information.

This confirmation is given and should be interpreted in accordance with the provisions of s418 of the Companies Act 2006.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Management arrangements

The trustees delegate the management of the Foundation to the staff team led by the chief executive and the senior management team (SMT). The chief executive has been in place since October 2018 with all the SMT, except the Director of Fundraising & Communications, having been in place since January 2020. The new Director of Fundraising and Communications joined on 12th September 2022.

Appointment policy

The Mental Health Foundation is an equal opportunities employer and applies objective criteria to assess merit. It ensures that no job applicant or employee receives less favourable treatment on the grounds of age, race, colour, nationality, religion, ethnic or national origin, gender, marital status, sexual orientation or disability.

Selection criteria and procedures are reviewed regularly to ensure that individuals are appointed and promoted on the basis of their relevant merits and abilities.

Wellbeing, Diversity and Inclusion

The Foundation is committed to a holistic approach to the wellbeing of colleagues. This includes providing both traditional and bespoke support for staff such as an employee assistance scheme and in-house training for managers on mental health in the workplace. As a learning organisation, equality, diversity, and inclusion are at the heart of our values that create a sense of belonging and allow people to be their best selves. We have signed up to the Disability Confident Scheme and the Race at Work Charter. We are making good progress on our journey to increase the diversity of our workforce, leadership team and the Board. Our commitments on race and diversity can be read on our website here: <https://www.mentalhealth.org.uk/about-us/our-commitments-race-and-diversity>.

Employee wellbeing continues to be an important pillar in our drive to be an exemplar employer and we regularly ask for feedback from our people to help us improve in all areas including this one.

Remuneration policy

The Mental Health Foundation is committed to ensuring a fair and equal remuneration process for all staff so that we can ensure all staff are paid appropriately for the work they do for us. The key management personnel of the charity comprise the trustees and the senior management team (SMT). The overall responsibility of the charity lies with the trustees who have delegated the day-to-day management of the charity to the SMT.

Responsibility for setting salaries for the CEO and members of the SMT rests with the trustees; responsibility for setting other salaries has been delegated to the SMT and CEO.

The Foundation has a pay and benefits system which provides a clear structure for salaries for new appointments and for salary progression for existing staff as well as clear criteria for evaluating and benchmarking new and changing roles for equitable pay.

The Foundation is signed up to the [Living Wage Foundation](#) and ensures all employees are paid at least the London Living Wage regardless of where they are based.

Pension arrangements

The Foundation operates a non-contributory individual money-purchase scheme for all eligible members of staff, contributing 10% of pensionable salary to each employee's fund. Employees can additionally choose to make employee contributions to their pension. The scheme is fully compliant with auto-enrolment regulations.

In line with our recognition that our activities have an environmental impact, our environmental policy lays out our commitment to sustainability in our practices from a people, financial and environmental perspective. To this end, because where pension schemes have their finances invested can be a leading contribution to the climate crisis, we moved our pension scheme to Cushon (<https://www.cushon.co.uk/info/pension>) which runs a Net Zero scheme.

Project delivery

Projects are delivered through a combination of in-house and external research, practice development, publications and other dissemination activities. Projects are supported by advisory committees of experts, if required. The Foundation has well-developed links with central government, the Scottish and Welsh governments, health, local government, housing and social services bodies across the United Kingdom, as well as professional bodies, academic research centres and voluntary sector organisations. It is committed to partnership work wherever this will maximise effectiveness and impact.

The Foundation has working relationships with many organisations, as described above. These are carefully curated in order to add value to the nature and content of the programmes as effectively as possible.

Environmental management

MHF acknowledges the negative impact that the on-going consequences of the failure to systematically address the climate and ecological crisis is having, and will have, on the Mental Health of the Earth's population. Therefore, in line with our values of walking our talk we have ensured we are looking at all areas of our organisation to find ways to improve our impact on this man-made crisis.

Since 2021, when we implemented our new Environmental Policy, we have made numerous improvements including:

- The new London office was designed with environmental sustainability centrally embedded in the design and build
- A new procurement policy has been launched which embeds the responsibility of staff to consider the environmental (as well as other factors) effect of what they buy or use
- The new pension scheme with Cushon mentioned above
- There is an organisational green team from across the organisation, led by a member of the SMT, who meet regularly to discuss ideas and progress
- These items amongst others lead to a very positive external environmental audit which helped show how far the organisation has come in the last two years.

Risk management

The senior management team takes the lead in reviewing the key risks facing the Mental Health Foundation on a regular basis, after considering input from across the organisation. These are documented in a risk register, which is reviewed by the finance and people committee and approved by the trustees at least annually.

The risk register is updated to reflect recent operational and financial developments, strategic annual organisational objectives, and changes in the external environment. Each risk item is analysed according to its perceived

potential impact and likelihood of occurrence, together with actions that either have been, or will be, taken in mitigation.

Coming out of the COVID pandemic has meant some risks are less at the forefront of risk mitigation, however, they still need to be considered. As we move into a period of economic uncertainty where we are faced with a significant Cost of Living crisis this has accentuated some risks, e.g. a significant decrease in income. The Foundation won't be immune from the economic activities but thanks to our above average reserves we have time to ensure any actions we take due to external factors will be well planned.

The principal risks currently facing the organisation are:

- A significant decrease in unrestricted income.
- A vulnerable person is exploited or harmed.
- Reputation and trust, including GDPR and fundraising regulation contravention and other legal claims.
- Lack of senior management and board diversity and inclusion.

The plans and strategies for managing these risks are:

- The Foundation has invested in its Fundraising team and website and is reviewing its CRM system so that it can diversify its income and explore new avenues of income. In addition, regular financial reporting occurs so any new trends can be identified and addressed.
- We continue to ensure that our safeguarding policy is reviewed and updated as needed. Within it, it includes a provision for a designated safeguarding officer who has responsibility for ensuring all staff who have contact with vulnerable adults and children are aware of their responsibility under the policy and the law.
- The same plans are in place regarding reputational, trust and legal compliance but with updates as applicable. Comprehensive induction process where all staff are trained on all legal

requirements and the Foundation's values (within this the Foundation's fundraising policy has been updated to reflect current practises). Enhanced cybersecurity processes including information security policies and procedures and advanced email protection.

- We have set six public commitments on race and diversity in our board, one of which is 'Public targets and regular reporting on diversity. These will include having 20% of our board and 20% of our leadership team from diverse racial backgrounds by 2024, with further diversity targets to be developed'. There is commitment throughout MHF to ensure we work towards and meet these targets with the board currently having increased to 38% and the Leadership team to 10% as at Sept 2022.

For the principal risks listed last year which are not on the principal risks for the current year the main actions the charity has taken are:

- We have finalised a review of the strategy process to ensure we have a Theory of Change, focused strategic objectives, aligned operational plans and Impact KPIs we can measure against. Via this, we can ensure the whole organisation is working towards the same end objectives and hence be able to more effectively demonstrate the good we do.
- As our offices opened during the year, COVID regulations were put in place to ensure the wellbeing of staff. Feedback from staff on this has been incorporated and we have ensured we are maintaining the desired levels as more people come back to the office on a regular basis.

The trustees have confirmed that there are procedures in line with key risks and other identified risks to prevent or manage their effects. These procedures include implementation of control systems and processes throughout the entire organisation, the transfer of risk to external insurers, and the management of risks that cannot be avoided.

The trustee's report, prepared under the Charities Act 2011, which also contains all information required in a Director's report by the Companies Act 2006, and the incorporated strategic report, prepared under the Companies Act 2006, were approved by and signed on behalf of the trustees.



25.11.2022

AISHA SHEIKH-ANENE
Chair of Trustees

Independent auditor's report

TO THE TRUSTEES AND MEMBERS OF THE MENTAL HEALTH FOUNDATION



We have audited the financial statements of the Mental Health Foundation (the 'charitable parent company') and its subsidiary (the 'group') for the year ended 31 March 2022 which comprise the consolidated statement of financial activities, the charitable parent company and group balance sheets, the consolidated statement of cash flows, the principal accounting policies and the notes to the financial statements. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- give a true and fair view of the state of the charitable parent company's affairs and those of the group as at 31 March 2022 and of the group's income and

- expenditure for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005 and regulation 8 of the Charities Accounts (Scotland) Regulations 2006 (as amended).

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable parent company and group in accordance with the ethical requirements that are relevant to our audit of the financial statements in

the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's or the group's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The trustees are responsible for the other information. The other information comprises the information included in the annual report and consolidated financial statements, other than the financial statements and our auditor's report thereon. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the trustees' report, which is also the directors' report for the purposes of company law and includes the strategic report, for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the trustees' report, which is also the directors' report for the purposes of company law and includes the strategic report, has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable parent company and of the group and their environment obtained in the course of the audit, we have not identified material misstatements in the trustees' report including the strategic report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 and the Charities Accounts (Scotland) Regulations 2006 (as amended) requires us to report to you if, in our opinion:

- proper and adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit.

Responsibilities of trustees

As explained more fully in the trustees' responsibilities statement, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable parent company's and the group's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable parent company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below.

How the audit was considered capable of detecting irregularities including fraud

Our approach to identifying and assessing the risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, was as follows:

- The engagement partner ensured that the engagement team collectively had the appropriate competence, capabilities and skills to identify or recognise non-compliance with applicable laws and regulations;
- We identified the laws and regulations applicable to the charitable parent company and the group through discussions with key management and from our knowledge and experience of the charity sector;
- We focused on specific laws and regulations which we considered may have a direct material effect on the accounts or the activities of the charitable

parent company and group. These included but were not limited to the Companies Act 2006, the Charities Act 2011 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable to the United Kingdom and Republic of Ireland (FRS 102) (effective 1 January 2019) and the Code of Fundraising Practice; and

- We assessed the extent of compliance with the laws and regulations identified above through making enquiries of key management and review of minutes of trustees' meetings.

We assessed the susceptibility of the charity's financial statements to material misstatement, including obtaining an understanding of how fraud might occur, by:

- Making enquiries of key management as to where they considered there was susceptibility to fraud and their knowledge of actual, suspected and alleged fraud; and
- Considering the internal controls in place to mitigate risks of fraud and non-compliance with laws and regulations.

To address the risk of fraud through management bias and override of controls, we:

- Tested and reviewed journal entries to identify unusual transactions;
- Carried out substantive testing of expenditure including the authorisation thereof;
- Assessed whether judgements and assumptions made in determining the accounting estimates were indicative of potential bias; and
- Investigated the rationale behind significant or unusual transactions.

In response to the risk of irregularities and non-compliance with laws and regulations, we designed procedures which included, but were not limited to:

- Agreeing financial statement disclosures to underlying supporting documentation;
- Reading the minutes of meetings of trustees; and
- Enquiring of as to actual and potential litigation and claims.

There are inherent limitations in our audit procedures described above. The more removed that laws and regulations are from financial transactions, the less likely it is that we would become aware of non-compliance. Auditing standards also limit

the audit procedures required to identify non-compliance with laws and regulations to enquiry of the trustees and other management and the inspection of regulatory and legal correspondence, if any.

Material misstatements that arise due to fraud can be harder to detect than those that arise from error as they may involve deliberate concealment or collusion.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

Use Of Our Report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006 and to the charity's trustees as a body, in accordance with Section 44(1)(c) of the Charities and Trustee Investment (Scotland) Act 2005 and Regulation 10 of the Charities Accounts (Scotland) Regulations 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other

purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.



SHACHI BLAKEMORE

Senior Statutory Auditor

For and on behalf of
Buzzacott LLP, Statutory
Auditor

130 Wood Street

London

EC2V 6DL

Date: 12 December 2022

Buzzacott LLP is eligible to act as an auditor in terms of section 1212 of the Companies Act 2006.



Group statement of financial activities

(including income and expenditure account)

Year to 31 March 2022

| Group | Note | Unrestricted funds £'000 | Restricted funds £'000 | Designated funds £'000 | Permanent endowment funds £'000 | Total 2022 funds £'000 | Total 2021 funds £'000 |
|---|------|-----------------------------|---------------------------|---------------------------|------------------------------------|---------------------------|---------------------------|
| Income from: | | | | | | | |
| Donations | | 3,883 | 358 | — | — | 4,241 | 7,690 |
| Legacies | | 1,867 | — | — | — | 1,867 | 1,730 |
| Fundraising events | | 670 | — | — | — | 670 | 376 |
| Investments | | 1 | — | — | — | 1 | 12 |
| Charitable activities | | | | | | | |
| - Statutory grants receivable | 1 | 9 | 1,404 | — | — | 1,413 | 559 |
| - Other grants | 1 | 5 | 1,406 | — | — | 1,411 | 1,719 |
| - Charitable trading activities | 2 | 998 | 83 | — | — | 1,081 | 785 |
| Total income | | 7,433 | 3,251 | — | — | 10,684 | 12,871 |
| Expenditure on: | | | | | | | |
| Raising funds | | 1,619 | — | — | — | 1,619 | 1,288 |
| Charitable activities | 3 | | | | | | |
| - Mental Health Programmes | | 1,797 | 2,758 | — | — | 4,555 | 3,561 |
| - FPLD | | — | — | — | — | — | 97 |
| - Information, education, dissemination and advisory services programme | | 4,117 | 566 | — | — | 4,683 | 2,964 |
| Total expenditure | | 7,533 | 3,324 | — | — | 10,857 | 7,910 |
| Operating (expenditure) income for the year before transfers | | (100) | (73) | — | — | (173) | 4,961 |
| Unrealised gains on investment | | 588 | — | — | — | 588 | 208 |
| Net income (expenditure) for the year before transfers | 6 | 488 | (73) | — | — | 415 | 5,169 |
| Transfers between funds | 14 | (58) | 384 | (326) | — | — | — |
| Net movement in funds | | 430 | 311 | (326) | — | 415 | 5,169 |
| Reconciliation of funds: | | | | | | | |
| Funds brought forward at 1 April | | 6,491 | 1,460 | 10,500 | 45 | 18,496 | 13,327 |
| Funds carried forward at 31 March | | 6,921 | 1,771 | 10,174 | 45 | 18,911 | 18,496 |

All of the group's activities derived from continuing operations during the above two financial periods. The Mental Health at Work CIC expenditure of £658k has been reclassified from Raising funds to Charitable activities as it represents a more accurate picture of their activities; providing organisations with tailor made mental health workshops. A full comparative statement of financial activities for the previous year is shown in the appendix to these financial statements.

Charity statement of financial activities

(including income and expenditure account)

Year to 31 March 2022

| Charity | Note | Unrestricted funds £'000 | Restricted funds £'000 | Designated funds £'000 | Permanent endowment funds £'000 | Total 2022 funds £'000 | Total 2021 funds £'000 |
|---|------|-----------------------------|---------------------------|---------------------------|------------------------------------|---------------------------|---------------------------|
| Income from: | | | | | | | |
| Donations | | 3,883 | 358 | — | — | 4,241 | 7,690 |
| Legacies | | 1,867 | — | — | — | 1,867 | 1,730 |
| Fundraising events | | 670 | — | — | — | 670 | 376 |
| Investments | | 1 | — | — | — | 1 | 12 |
| Charitable activities | | | | | | | |
| - Statutory grants receivable | 1 | 9 | 1,404 | — | — | 1,413 | 559 |
| - Other grants | 1 | 5 | 1,406 | — | — | 1,411 | 1,719 |
| - Charitable trading activities | 2 | 108 | 83 | — | — | 191 | 119 |
| Total income | | 6,543 | 3,251 | — | — | 9,794 | 12,205 |
| Expenditure on: | | | | | | | |
| Raising funds | | 1,619 | — | — | — | 1,619 | 1,288 |
| Charitable activities | 3 | | | | | | |
| - Mental Health Programmes | | 1,797 | 2,758 | — | — | 4,555 | 3,561 |
| - FPLD | | — | — | — | — | — | 97 |
| - Information, education, dissemination and advisory services programme | | 3,163 | 566 | — | — | 3,729 | 2,306 |
| Total expenditure | | 6,579 | 3,324 | — | — | 9,903 | 7,252 |
| Operating (expenditure) income for the year before transfers | | (36) | (73) | — | — | (109) | 4,953 |
| Unrealised gains on investment | | 588 | — | — | — | 588 | 208 |
| Net income (expenditure) for the year before transfers | 6 | 551 | (73) | — | — | 479 | 5,161 |
| Transfers between funds | 14 | (58) | 384 | (326) | — | — | — |
| Net movement in funds | | 494 | 311 | (326) | — | 479 | 5,161 |
| Reconciliation of funds: | | | | | | | |
| Funds brought forward at 1 April 2020 | | 6,315 | 1,460 | 10,500 | 45 | 18,320 | 13,159 |
| Funds carried forward at 31 March 2021 | | 6,809 | 1,771 | 10,174 | 45 | 18,799 | 18,320 |

All of the charity's activities derived from continuing operations during the above two financial periods. A full comparative statement of financial activities for the previous year is shown in the appendix to these financial statements.

Balance sheets

As at 31 March 2022



| | Notes | Group | | Charity | |
|--|-------|---------------|---------------|---------------|---------------|
| | | 2022 £'000 | 2021 £'000 | 2022 £'000 | 2021 £'000 |
| Fixed assets | | | | | |
| Tangible assets | 10 | 6,050 | 23 | 6,048 | 21 |
| Investments | 11 | 8,796 | 5,208 | 8,796 | 5,208 |
| | | 14,846 | 5,231 | 14,844 | 5,229 |
| Current assets | | | | | |
| Debtors | 12 | 3,506 | 2,515 | 3,323 | 2,360 |
| Cash at bank and in hand | | 1,766 | 11,846 | 1,505 | 11,360 |
| | | 5,272 | 14,361 | 4,828 | 13,720 |
| Liabilities | | | | | |
| Creditors: amounts falling due within one year | 13 | (1,207) | (1,096) | (873) | (629) |
| Net current assets | | 4,065 | 13,265 | 3,955 | 13,091 |
| Total net assets | | 18,911 | 18,496 | 18,799 | 18,320 |
| Represented by: | | | | | |
| Funds and Reserves | | | | | |
| Income funds | | | | | |
| Unrestricted funds | | 6,921 | 6,491 | 6,809 | 6,315 |
| Designated funds | 15 | 10,174 | 10,500 | 10,174 | 10,500 |
| Restricted funds | 14 | 1,771 | 1,460 | 1,771 | 1,460 |
| | | 18,866 | 18,451 | 18,754 | 18,275 |
| Capital funds | | | | | |
| Permanent endowment funds | 16 | 45 | 45 | 45 | 45 |
| | | 18,911 | 18,496 | 18,799 | 18,320 |

Signed on behalf of the trustees by:

25.11.2022

AISHA SHEIKH-ANENE
Chair of Trustees

Mental Health Foundation, Company Limited by Guarantee
Registration Number O2350846 (England and Wales)
Approved by the trustees on 23 November 2022

Group statement of cash flows

Year to 31 March 2022



| | Notes | 2022 £'000 | 2021 £'000 |
|--|-------|-----------------|---------------|
| Cash flows from operating activities: | | | |
| Net cash (used in) provided by operating activities | A | (999) | 4,352 |
| Cash flows from investing activities: | | | |
| Investment income received | | 1 | 12 |
| Purchase of tangible fixed assets | | (6,082) | (1) |
| Release of fixed asset cash deposit | | — | 45 |
| Long term cash investment | | (3,000) | (5,000) |
| Net cash (used in) provided by investing activities | | (9,081) | (4,944) |
| Change in cash and cash equivalents in the year | | (10,080) | (592) |
| Cash and cash equivalents at 1 April 2021 | B | 11,846 | 12,438 |
| Cash and cash equivalents at 31 March 2022 | B | 1,766 | 11,846 |

Notes to the statement of cash flows for the year to 31 March 2022.

| | 2022 £'000 | 2021 £'000 |
|--|---------------|---------------|
| A: Reconciliation of net movement in funds to net cash provided by operating activities | | |
| Net movement in funds (as per the statement of financial activities) | 415 | 5,169 |
| Adjustments for: | | |
| Depreciation charge for the year | 57 | 7 |
| Investment income receivable | (1) | (12) |
| Unrealised investment gain | (588) | (208) |
| Increase in debtors | (992) | (637) |
| Increase in creditors | 110 | 33 |
| Net cash (used in) provided by operating activities | (999) | 4,352 |
| B: Analysis of cash and cash equivalents | | |
| Total cash and cash equivalents: | | |
| Cash at bank and in hand | 1,766 | 11,846 |
| | 1,766 | 11,846 |

No separate statement of changes in net debt has been prepared as there is no difference between the movements in cash and cash equivalents and movement in net cash (debt).

Principal accounting policies



Basis of accounting

These financial statements have been prepared for the year to 31 March 2022 with comparative information provided in respect to the year to 31 March 2021.

The financial statements have been prepared under the historical cost convention with items initially recognised at cost or transaction value unless otherwise stated in the relevant accounting policies below or the notes to the financial statements.

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable.

to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (Charities SORP FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

The charity constitutes a public benefit entity as defined by FRS 102.

The financial statements are presented in sterling and are rounded to the nearest pound.

Basis of consolidation

The consolidated financial statements of the Group incorporate the financial statements of Mental Health Foundation and its subsidiary undertaking Mental Health at Work CIC. The net expenditure attributable to the charity in the year was £110,063 (Net income in 2021: £4,952,876). There were no other recognised gains and losses attributable to the charity.

Assessment of going concern

The trustees have assessed whether the use of the going concern assumption is appropriate in preparing these financial statements. The trustees have made this assessment in respect to a

period of at least one year from the date of approval of these financial statements.

Specifically they have reviewed the significant impact the COVID pandemic has had on the total economy and

more pertinently the charity sector and concluded that any potential downside risk is not material enough to alter the going concern assessment.

The trustees have concluded that there are no material uncertainties related to events or conditions that may cast significant doubt on the ability of the charity to continue as a going concern.

Income recognition

Income is recognised in the period in which the charity is entitled to receipt, the amount can be measured reliably, and it is probable that the funds will be received.

Income is deferred only when the charity has to

fulfil conditions before becoming entitled to it or where the donor or funder has specified that the income is to be expended in a future accounting period.

Income comprises donations, legacies, income from fundraising events, interest receivable, investment income, grants and other trading income.

Donations and income from events are recognised when the charity has confirmation of both the amount and settlement date. In the event of donations pledged but not received, the amount is accrued for where the receipt is considered probable. In the event that a donation is subject to conditions that require a level of performance before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that those conditions will be fulfilled in the reporting period.

Legacies are included in the statement of financial activities when the charity is entitled to the legacy, the executors have established that there are sufficient surplus assets in the estate to pay the legacy, and any conditions attached to the legacy are within the control of the charity. Receipt of a legacy, in whole or in part, is only considered probable when the amount can be

measured reliably and the charity has been notified of the executor's intention to make a distribution.

Entitlement is taken as the earlier of the date on which either:

- the charity is aware that probate has been granted, the estate has been finalised and notification has been made by the executor to the charity that a distribution will be made; or
- a distribution is received from the estate.

Where legacies have been notified to the charity, or the charity is aware of the granting of probate, but the criteria for income recognition have not been met, the legacy is treated as a contingent asset and disclosed if material. In the event that the gift is in the form of an asset other than cash, or a financial asset traded on a recognised stock exchange, recognition is subject to the value of the gift being reliably measurable with a degree of reasonable accuracy and the title of the asset having been transferred to the charity.

Grants and donations from government, other statutory agencies and charitable bodies are included as income from charitable activities where these amount to a contract for service or where they are specific to particular activities. Along with income of a contractual nature and income generated from

trading and commercial sources, they are recognised to the extent that it is probable that the economic benefits will flow to the charity and the revenue can be reliably measured. All such income is measured as the fair value of the consideration received or receivable, excluding discounts, rebates, value added tax and other sales taxes.

Other trading income is recognised to the extent that it is probable that the economic benefits will flow to the charity and the revenue can be reliably measured.

Investment income is recognised once the dividend or interest has been declared and notification has been received of the amount due.

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

Expenditure recognition

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to make a payment to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably.

All expenditure is accounted for on an accruals basis. Expenditure comprises direct costs and support costs. All expenses, including support costs, are allocated or apportioned to the applicable expenditure headings. The classification between activities is as follows:

- Expenditure on raising funds include the salaries, direct costs and support costs associated with generating donated income.
- Expenditure on charitable activities, including grants payable, comprises expenditure on the charity's primary charitable purposes as described in the trustees' report.

Welfare grants payable to individuals are included in the statement of financial activities when approved.

Grants or award funding to institutions are included in full in the statement of financial activities when the award agreement has been returned, completed and signed, by the recipient. Small final instalments of some award grant payments are subject to receipt of a satisfactory final report on the award project.

Allocation of support and governance costs

Support costs represent indirect charitable expenditure. In order to carry out the primary purposes of the charity it is necessary to provide support in the form

of personnel development, financial procedures, provision of office services and equipment and a suitable working environment.

Governance costs comprise the costs involving the public accountability of the charity (including audit costs) and costs in respect to its compliance with regulation and good practice.

Support costs and governance costs are apportioned using percentages based on the time spent on the activities by the employees of the charity.

Tangible fixed assets

All assets costing more than £1,000 and with an expected useful life exceeding one year are capitalised.

Expenditure on the purchase and replacement of fixtures, fittings and equipment is capitalised and depreciated, on a straight-line basis, over a period ranging from 3 to 10 years, in order to write off each asset over its estimated useful life.

Property is depreciated using the diminishing value method at a 2% rate.

Investments

Cash deposits held in interest earning accounts and held for the long term are classified as fixed asset investments.

Investments in unlisted companies are included on the balance sheet at a valuation determined by the trustees, calculated having

regard to the net asset value of the relevant company at the balance sheet date.

Debtors

Debtors are recognised at their settlement amount, less any provision for non-recoverability. Prepayments are valued at the amount prepaid. Debtors have been discounted to the present value of the future cash receipt where such discounting is material.

Cash at bank and in hand

Cash at bank and in hand represents such accounts and instruments that are available on demand or have a maturity of less than three months from the date of acquisition. Deposits for more than three months but less than one year have been disclosed as current asset investments. Cash placed on deposit for more than one year is disclosed as a fixed asset investment.

Creditors and provisions

Creditors and provisions are recognised when there is an obligation at the balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably. Creditors and provisions are recognised at the amount the charity anticipates it will pay to settle the debt.

They have been discounted to the present value of the future cash payment where such discounting is material.

Fund structure

The general fund comprises those monies which may be used towards meeting the charitable objectives of the charity and may be used at the discretion of the trustees.

The designated funds represent assets set aside by the trustees to be applied in future years towards specific purposes.

The restricted funds are monies raised for a specific purpose, or donations subject to donor-imposed conditions.

The permanent endowment funds comprise monies which must be held as capital indefinitely. The income therefrom is used in accordance with the terms of each individual endowment (note 16).

Pension costs

Contributions to employees' personal pension plans and in respect to defined contribution schemes are charged to the statement of financial activities in the year in which they are payable to the relevant scheme.

Leased assets

Rentals applicable to operating leases where substantially all of the benefits and risks of ownership remain with the lessor are charged on a straight-line basis over the lease term.

Critical accounting estimates and areas of judgement

Preparation of the financial statements requires the trustees to make significant judgements and estimates.

The items in the financial statements where these judgements and estimates have been made include:

- Estimating the useful economic life of tangible fixed assets for the purposes of calculating the depreciation charge;
- Estimating the recoverability of debtors and determining any necessary provision for bad or doubtful debts;
- Estimating the future income and expenditure streams which underpin the going concern assumption
- Estimating the probability and value of legacy distributions; and
- Determining the basis for the allocation of support and governance costs across the charitable key areas of activity as shown in note 3.

NOTES TO THE FINANCIAL STATEMENTS 31 MARCH 2022

1. INCOME FROM: GRANTS RECEIVABLE

| Group and Charity | 2022 £'000 | 2021 £'000 |
|---------------------|---------------|---------------|
| Statutory grants | | |
| - Scottish | 1,142 | 475 |
| - English and Welsh | 271 | 84 |
| | 1,413 | 559 |
| Other grants | 1,411 | 1,719 |
| | 2,824 | 2,278 |

The income from grants relate to the following charitable activities:

| Group and Charity | 2022 £'000 | 2021 £'000 |
|---|---------------|---------------|
| Mental Health Programmes | 2,665 | 2,075 |
| Learning Disabilities Programmes | — | 45 |
| Information, education, dissemination and advisory services programme | 159 | 158 |
| | 2,824 | 2,278 |

Statutory grants receivable comprise:

| Group and Charity | 2022 £'000 | 2021 £'000 |
|--|---------------|---------------|
| Scottish | | |
| COVID Response Programme - Lone Parent (Scottish Government) | 125 | — |
| COVID Response Programme - Minority Ethnic Communities (Scottish Government) | 125 | — |
| COVID Response Programme - Minority Ethnic Communities (NHS Greater Glasgow & Clyde) | 22 | — |
| Edinburgh Summer Programme (Thrive Edinburgh) | 300 | — |
| New Scots Edinburgh Partnership (South West Children's Practice Team) | 20 | — |
| Refugee Health Policy Action Group (Scottish Government) | 60 | 60 |
| Refugee Wellbeing (Scottish Government) | — | 12 |
| Scottish Government Mental Health Ref Group (Scottish Government) | 20 | — |
| Scottish Mental Health Arts and Film Festival (SMHAFF) (NHS Lothian) | 20 | — |
| Scottish Mental Health Arts and Film Festival (SMHAFF) (Scottish Association for Mental Health) | 20 | — |
| Scottish Mental Health Arts and Film Festival (SMHAFF) (NHS Greater Glasgow & Clyde) | 10 | 15 |
| Scottish MH Res Network (NRS Mental Health Network) | 8 | — |
| Stigma (Scottish Association for Mental Health) | 131 | 120 |
| Stigma Report Card (Scottish Association for Mental Health) | 65 | — |
| Survivors (Health in Mind) | — | 135 |
| Visibility & Voices (Glasgow City Council) | 25 | 19 |
| VOX (Scottish Government) | 191 | 115 |
| | 1,142 | 475 |
| English and Welsh | | |
| COVID Response Programme - Long Covid Peer Support Project (Betsi Cadwaladr University Health Board) | 53 | — |
| COVID Response Programme - Perthyn Phase 3 (Welsh Government) | 35 | — |
| Drawing Neighbours Together (Westminster City Council) | 9 | 9 |
| Gwynedd Youth Service (Welsh Government - Gwynedd Council) | — | 22 |
| My Life My Future (London Borough of Lambeth) | 100 | — |
| Refugee and Asylum Seeker - Perthyn (Welsh Government) | 35 | 53 |
| South Wales Police (South Wales Police and Crime Commissioner) | 39 | — |
| | 271 | 84 |
| Total Statutory Grants | 1,413 | 559 |

OTHER GRANTS COMPRISE:

| Group and Charity (by funder) | 2022 £'000 | 2021 £'000 |
|--|---------------|---------------|
| National Lottery funding | 140 | 384 |
| - Community Fund (COVID Youth Panel) | — | 10 |
| - England – Community Fund (Kids Time) | 100 | 128 |
| - England – Community Fund (My Life My Future (Feeling Our Way)) | — | 45 |
| - England – Community Fund (Pass it On (Good mental health for ALL)) | — | 45 |
| - Scotland – Heritage Fund (Reclaim Our Heritage) | 39 | 128 |
| - Wales – People and Places (Standing Together Cymru) | 1 | 28 |
| Barnardo's | 123 | 147 |
| Scottish Research Consultancy | 123 | 143 |
| Mental Health & Wellbeing Evaluation | — | 4 |
| University of Strathclyde | — | 29 |
| Crisp | — | 1 |
| CSO COVID Impact | — | 25 |
| Scotland Programmes | — | 3 |

| Group and Charity (by project) | 2022 £'000 | 2021 £'000 |
|--|---------------|---------------|
| Scottish Mental Health Arts and Film Festival (SMHAFF) | 45 | 87 |
| Creative Scotland | 42 | 56 |
| Royal College of Psychiatrists | — | 3 |
| See Me | — | 20 |
| Other grants | 3 | 9 |
| Peer Education | 88 | 110 |
| Constance Travis Charitable Trust | — | 50 |
| LCP Foundation | — | 14 |
| Lloyds | 88 | 22 |
| Sobell Foundation | — | 25 |
| Self Management Training and Peer Support for middle-aged Irish men | — | 5 |
| City Bridge Trust | — | — |
| Sir Halley Stewart Trust | — | 5 |

CONTINUED

| | 2022 £'000 | 2021 £'000 |
|---|---------------|---------------|
| Other grants > £25,000 | | |
| Arts Council of Wales (Arts Festival Wales) | 15 | 30 |
| Baring Foundation (Commissions and Creative Network) | 27 | — |
| Community Child Health (The Adverse Childhood Experiences Resilience) | — | 31 |
| European Commission (Emen) | — | (12) |
| Lloyds (Picture This) | 62 | 31 |
| Mercers Trust (Creating Communities) | — | 17 |
| Monday Trust (COVID Response Programme) | 250 | 250 |
| Robertson Trust (Thriving Learners) | 60 | 90 |
| The Wellcome Trust (Dads, Football, and Public Engagement) | 39 | 56 |
| University of Sussex (SITUATE) | 32 | 35 |
| Youth Endowment (Becoming a Man) | 502 | 370 |
| Other grants < £25,000 | | |
| Association of Colleges | 3 | — |
| FASTN | 5 | — |
| Health and Social Care Alliance Scotland | — | 13 |
| London South East Colleges | 8 | — |
| NRS Mental Health Network | — | 9 |
| Queen University Belfast | 2 | — |
| Scottish Refugee Council | — | 5 |
| The Waterloo Foundation | — | 10 |
| University Of Glasgow | 7 | 7 |
| University of Stirling | — | 8 |
| University of York | 1 | 3 |
| Winston Churchill Memorial Trust | — | 5 |
| Other grants <£25,000 | 2 | — |
| | 1,411 | 1,719 |

2. INCOME FROM: CHARITABLE TRADING ACTIVITIES

| Group and Charity | 2022 £'000 | 2021 £'000 |
|------------------------------|---------------|---------------|
| Publications and merchandise | 85 | 55 |
| Training | 14 | 23 |
| Other | 92 | 41 |
| Charity total | 191 | 119 |
| Income from subsidiary | 890 | 666 |
| Group total | 1,081 | 785 |

Expenditure relating to the Group's subsidiary, Mental Health at Work CIC, are included within costs associated with charitable activities.

Figures for Mental Health at Work CIC restated for financial year 2020-21, to be included within costs associated with charitable activities as opposed to raising funds.

Of the above, £3,000 of publications, £179,000 of contract, £14,000 of training and £10,000 of other income related to restricted funds

(2021: £10,000 of training and £6,000 of other income related to restricted funds).

3. EXPENDITURE ON CHARITABLE ACTIVITIES

| Group | Direct costs £'000 | Support costs (note 5) £'000 | Total 2022 £'000 | Direct costs £'000 | Support costs (note 5) £'000 | Total 2021 £'000 |
|---|-----------------------|------------------------------------|------------------------|--------------------------|------------------------------------|------------------------|
| Mental Health Programmes | 3,823 | 732 | 4,555 | 2,946 | 615 | 3,561 |
| Learning disability programmes | — | — | — | 85 | 12 | 97 |
| Information, education, dissemination and advisory services programme | 4,142 | 541 | 4,683 | 1,984 | 322 | 2,306 |
| | 7,965 | 1,273 | 9,238 | 5,015 | 949 | 5,964 |

Direct costs comprise:

| Group | Staff costs £'000 | Other costs £'000 | Total 2022 £'000 | Staff costs £'000 | Other costs £'000 | Total 2021 £'000 |
|---|----------------------|----------------------|------------------------|----------------------|----------------------|------------------------|
| Mental Health Programmes | 2,138 | 1,685 | 3,823 | 1,902 | 1,044 | 2,946 |
| Learning disability programmes | — | — | — | 54 | 31 | 85 |
| Information, education, dissemination and advisory services programme | 2,357 | 1,785 | 4,142 | 1,071 | 913 | 1,984 |
| | 4,495 | 3,470 | 7,965 | 3,027 | 1,988 | 5,015 |

4. GOVERNANCE COSTS

| Group and Charity | 2022 £'000 | 2021 £'000 |
|--|---------------|---------------|
| Legal and professional fees | 52 | 22 |
| Trustees' expenses and other trustee related costs | 9 | 5 |
| Group and Charity total | 61 | 27 |

All governance costs relate to unrestricted funds.

5. SUPPORT COSTS

| Group | Office £'000 | IT £'000 | Finance £'000 | Human resources £'000 | Total 2022 £'000 |
|---|-----------------|-------------|------------------|-----------------------------|------------------------|
| Costs of raising funds | 84 | 42 | 33 | 75 | 234 |
| Mental Health Programmes | 263 | 133 | 103 | 233 | 732 |
| FPLD | — | — | — | — | — |
| Information, education, dissemination and advisory services programme | 187 | 116 | 74 | 164 | 541 |
| | 534 | 291 | 210 | 472 | 1,507 |

| Group | Office £'000 | IT £'000 | Finance £'000 | Human resources £'000 | Total 2021 £'000 |
|---|-----------------|-------------|------------------|-----------------------------|------------------------|
| Costs of raising funds | 77 | 37 | 29 | 35 | 178 |
| Mental Health Programmes | 266 | 129 | 99 | 121 | 615 |
| FPLD | 5 | 3 | 2 | 2 | 12 |
| Information, education, dissemination and advisory services programme | 139 | 68 | 52 | 63 | 322 |
| | 487 | 237 | 182 | 221 | 1,127 |

Support costs are allocated to the activities they are supporting on the basis of the number of staff working on each activity.

6. NET INCOME This is stated after charging:

| | Group | | Charity | |
|--|---------------|---------------|---------------|---------------|
| | 2022 £'000 | 2021 £'000 | 2022 £'000 | 2021 £'000 |
| Staff costs (note 1) | 6,009 | 4,652 | 5,366 | 4,267 |
| Depreciation | 57 | 7 | 55 | 7 |
| Auditor's remuneration | | | | |
| - Audit | 17 | 17 | 17 | 17 |
| - Other services (Emen audit, VAT consultancy) | 1 | 2 | 1 | 2 |
| Operating lease rentals | | | | |
| - Land and buildings | 78 | 182 | 78 | 182 |

7. STAFF COST

| | Group | | Charity | |
|----------------------------|---------------|---------------|---------------|---------------|
| | 2022 £'000 | 2021 £'000 | 2022 £'000 | 2021 £'000 |
| Wages and salaries | 5,015 | 3,885 | 4,443 | 3,544 |
| Social security costs | 523 | 400 | 464 | 364 |
| Other pension costs | 411 | 329 | 399 | 322 |
| | 5,949 | 4,614 | 5,306 | 4,230 |
| Agency and temporary staff | 60 | 38 | 60 | 38 |
| | 6,009 | 4,652 | 5,366 | 4,267 |

The average monthly number of employees (including temporary staff) during the year was 136 (2021: 113).

The number of employees who earned £60,000 per annum or more (including taxable benefits but excluding employer pension contributions) during the year was as follows:

| Group | 2022 No. | 2021 No. |
|---------------------|-------------|-------------|
| £60,000 — £70,000 | 4 | 3 |
| £70,000 — £80,000 | 3 | 3 |
| £100,000 — £110,000 | — | 1 |
| £110,000 — £120,000 | 1 | — |

Employer contributions made to a money purchase scheme in respect of the above employees during the year amounted to £59,806 (2021: £45,624).

The key management personnel in charge of directing, controlling, running and operating the group on a day-to-day basis comprise the trustees together with the chief executive, the director for England and Wales, the director for Scotland and Northern Ireland, the director of fundraising and communications, the director of HR and wellbeing and the director of finance and systems. The total remuneration payable to key management personnel during the year was £581,070 (2021: £565,275).

8. TRUSTEES' REMUNERATION, EXPENSES AND DONATIONS

No trustee received any remuneration in respect of their services as a trustee during the year (2020: none). Expenses reimbursed to, or paid on behalf of, trustees during the year were as follows:

| | 2022 | | 2021 | |
|----------------------------|----------------|---------------------------|----------------|---------------------------|
| | No of trustees | Aggregate amount £'000 | No of trustees | Aggregate amount £'000 |
| Travel, expenses and other | 5 | 1 | 5 | 5 |

The trustees have taken out trustee indemnity insurance to cover the liability which by virtue of any rule of law would otherwise attach to the trustees in respect of any negligence, default, breach of trust or breach of duty of which they may be guilty in relation to the Foundation. The premium paid by the charity during the year amounted to £6,990 (2021: £6,064) and provided cover of £1,000,000 (2021: £1,000,000).

The charity did not receive any donations from trustees during the year (2021: £605).

9. TAXATION

The Mental Health Foundation is a registered charity and, therefore, is not liable to income tax or corporation tax on income derived from its charitable activities, as it falls within the various exemptions available to registered charities.

10. TANGIBLE FIXED ASSETS

| Group | Property £'000 | Fixtures, fittings and equipment £'000 | Total £'000 |
|-------------------------|-------------------|--|----------------|
| Cost | | | |
| At 1 April 2021 | — | 239 | 239 |
| Additions | 5,851 | 233 | 6,084 |
| Disposals | — | (206) | (206) |
| At 31 March 2022 | 5,851 | 266 | 6,117 |
| Depreciation | | | |
| At 1 April 2021 | — | 216 | 216 |
| Additions | 37 | 20 | 57 |
| Disposals | — | (206) | (206) |
| At 31 March 2022 | 37 | 30 | 67 |
| Net book values | | | |
| At 31 March 2021 | — | 23 | 23 |
| At 31 March 2022 | 5,814 | 236 | 6,050 |

| Charity | Property £'000 | Fixtures, fittings and equipment £'000 | Total £'000 |
|-------------------------|-------------------|--|----------------|
| Cost | | | |
| At 1 April 2021 | — | 239 | 239 |
| Additions | 5,851 | 231 | 6,082 |
| Disposals | — | (206) | (206) |
| At 31 March 2022 | 5,851 | 264 | 6,115 |
| Depreciation | | | |
| At 1 April 2021 | — | 216 | 216 |
| Additions | 37 | 20 | 57 |
| Disposals | — | (206) | (206) |
| At 31 March 2022 | 37 | 30 | 67 |
| Net book values | | | |
| At 31 March 2021 | — | 21 | 21 |
| At 31 March 2022 | 5,814 | 234 | 6,048 |

11. INVESTMENTS

| Group and charity | 2022 £'000 | 2021 £'000 |
|-------------------------------------|---------------|---------------|
| Listed investments | | |
| Market value at 1 April | 5,208 | — |
| Additions at cost | 3,000 | 5,000 |
| Net unrealised investment gains | 588 | 208 |
| Market value at 1 March | 8,796 | 5,208 |
| | | |
| Historic cost of listed investments | 8,000 | 5,000 |

Individual holdings representing more than 5% of the market value of the portfolio at the balance sheet date are as follows:

| | 2022 £'000 | 2021 £'000 |
|---|---------------|---------------|
| COIF Charities Ethical Investment Fund | 8,796 | 5,208 |

The charity also holds unlisted investments comprise shares in Helpcards Holdings Limited and Mental Health at Work CIC.

The charity holds 7,227 1p shares in Helpcards Holdings Limited, comprising 1.23% of the share capital. The shares have been valued by the trustees having regard to the company's net assets as at 31 March 2022.

On 27 July 2018, the shareholders of Mental Health at Work CIC gifted the shares in the company to the charity. The net assets position as at 31 March 2022 was £113,824. The shares have been valued by the trustees at £nil value as at 31 March 2022.

12. DEBTORS

| | Group | | Charity | |
|----------------------|---------------|---------------|---------------|---------------|
| | 2022 £'000 | 2021 £'000 | 2022 £'000 | 2021 £'000 |
| Trade debtors | 293 | 211 | 110 | 56 |
| Prepayments | 347 | 235 | 347 | 235 |
| Accrued income | 797 | 902 | 797 | 902 |
| Other debtors | 18 | 14 | 18 | 14 |
| Legacy notifications | 2,051 | 1,153 | 2,051 | 1,153 |
| | 3,506 | 2,515 | 3,323 | 2,360 |

13. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

| | Group | | Charity | |
|------------------------------------|---------------|---------------|---------------|---------------|
| | 2022 £'000 | 2021 £'000 | 2022 £'000 | 2021 £'000 |
| Expense creditors | 389 | 251 | 368 | 234 |
| Other creditors | 385 | 436 | 299 | 184 |
| Service delivery deferred income | 285 | 259 | 58 | 61 |
| Fundraising events deferred income | 30 | 90 | 30 | 90 |
| Accruals | 118 | 60 | 118 | 60 |
| | 1,207 | 1,096 | 873 | 629 |

Deferred income includes the following income received in advance to carry out the activities in the next financial year: Youth Endowment Fund Grant for the Becoming a Men project: £33,387.85 and grant from London South East Colleges £24,120 for delivery of the UOK project over the period Jan-22 - Dec-22.

Deferred income also includes income for the following fundraising events postponed to the next financial year: Overseas Challenges (Kilimanjaro and Berlin Marathon): £27,755, London 10k run: £1,850

14. RESTRICTED FUNDS

The income funds of the charity and group include restricted funds comprising the following donations and grants held on trust to be applied for specific purposes:

| | At 1 Apr 2021 £'000 | Income £'000 | Expenditure £'000 | Transfers £'000 | At 31 Mar 2022 £'000 |
|---|------------------------|-----------------|----------------------|--------------------|-------------------------|
| Arts & Stigma | 2 | — | (2) | — | — |
| Arts Festival Wales | (3) | 15 | (10) | 4 | 6 |
| Barnardo's Mental Health & Wellbeing Evaluation | 75 | 123 | (96) | — | 101 |
| Becoming a Man | — | 502 | (502) | — | — |
| Blue Prescribing - London | — | — | (80) | 107 | 27 |
| Blue Prescribing - Somerset | — | 13 | (4) | — | 8 |
| Commissions and Creative Network | — | 27 | (15) | — | 11 |
| Corporate restricted income | — | 299 | — | — | 299 |
| COVID Research | — | — | (145) | 145 | — |
| COVID Response Programme - Home | 250 | 610 | (356) | 21 | 526 |
| Covid Youth Panel | — | — | — | — | — |
| Creating Communities | — | — | (1) | 1 | — |
| Dads Football | — | 39 | (39) | — | — |
| Drawing Neighbours Together | (1) | 9 | (8) | — | — |
| Edinburgh Summer Programme | — | 300 | (301) | 1 | — |
| Evaluation of DBI | 5 | — | (5) | — | — |
| Gaming and Mental Health | 163 | — | (162) | — | 1 |
| Gwynedd Youth Service | 5 | — | (9) | 4 | — |
| Irish Men | — | — | (13) | 13 | — |
| J Sinson | 7 | — | — | — | 7 |
| KidsTime Southwark | 16 | 100 | (128) | 58 | 47 |
| Learning Partner | — | 25 | — | 7 | 32 |
| My Life My Future | 16 | 100 | (54) | — | 62 |
| New Scots Edinburgh Partnership | — | 20 | (19) | — | 1 |
| Peer Education Project | 51 | 104 | (165) | 100 | 90 |
| Picture This | 31 | 94 | (99) | — | 26 |
| Primary School Programme | 20 | — | — | — | 20 |
| Reclaiming our heritage | 28 | 1 | (22) | (7) | — |
| Refugee and Asylum Seeker | 12 | 35 | (44) | (3) | — |
| Refugee Health Policy Action Group | 20 | 60 | (74) | — | 6 |
| Restricted Legacies - Helen Oliver | 154 | — | — | (58) | 96 |
| Restricted Legacies - Research | 311 | — | (120) | — | 191 |
| Scottish Government Mental Health Ref Group | — | 20 | (20) | — | — |
| Screening Inequality | 105 | — | (105) | — | — |
| SITUATE | — | 32 | (34) | 1 | — |
| SMHAFF Restricted | 40 | 100 | (87) | — | 53 |
| South Wales Police | — | 39 | (36) | — | 2 |
| Standing together-Cymru | — | 39 | (51) | 12 | — |
| Stigma | 26 | 137 | (125) | — | 38 |
| Stigma Report Card | — | 65 | (65) | — | — |
| Survivors | — | — | — | — | — |
| The ACES (Adverse Childhood Experiences) | 11 | 19 | (23) | (7) | — |
| Resilience | — | — | — | — | — |
| Thriving Learners | 62 | 60 | (66) | — | 56 |
| Triumph | — | 7 | (7) | — | — |
| UOK | 10 | 41 | (20) | — | 31 |
| Visibility & Voices | 13 | 25 | (38) | — | — |
| VOX | — | 193 | (160) | — | 33 |
| Wales Arts Learning and Development | — | — | (2) | 2 | — |
| What I Need to Tell You | 9 | — | (9) | — | — |
| Women of Scotland | 21 | — | (3) | (18) | — |
| | 1,460 | 3,251 | (3,324) | 384 | 1,771 |

14. RESTRICTED FUNDS 2021

| | At 1 Apr 2020 £'000 | Income £'000 | Expenditure £'000 | Transfers £'000 | At 31 Mar 2021 £'000 |
|---|------------------------|-----------------|----------------------|--------------------|-------------------------|
| Arts & Stigma | 2 | — | — | — | 2 |
| Arts Festival Wales | — | 30 | (33) | — | (3) |
| Barnardo's Mental Health & Wellbeing Evaluation | 19 | 143 | (87) | — | 75 |
| Becoming a Man | — | 370 | (370) | — | — |
| COVID Research | — | 10 | (295) | 285 | — |
| COVID Youth Panel | — | 10 | (10) | — | — |
| COVID Response Programme | — | 250 | — | — | 250 |
| Creating Communities | — | 17 | (44) | 27 | — |
| Crisp | — | 1 | (1) | — | — |
| CSO COVID Impact | — | 25 | (25) | — | — |
| Dads Football | — | 56 | (56) | — | — |
| Drawing Neighbours Together | — | 9 | (10) | — | (1) |
| Drill | 7 | — | (7) | — | — |
| Emen-Comms | — | — | (2) | 2 | — |
| Emen-Long Term | — | — | (1) | — | — |
| Emen-Policy | — | — | (6) | 6 | — |
| Emen-Product Development | — | (13) | (5) | 18 | — |
| Emen-Project Management | — | 1 | (2) | 1 | — |
| Evaluation of DBI | 2 | 8 | (5) | — | 5 |
| Gaming and Mental Health | — | — | (29) | 192 | 163 |
| Gwynedd Youth Service | 4 | 22 | (21) | — | 5 |
| Irish Men | 5 | 5 | (36) | 26 | — |
| J Sinson | 7 | — | — | — | 7 |
| KidsTime Southwark | — | 128 | (112) | — | 16 |
| My Life My Future | 6 | 45 | (5)6 | 21 | 16 |
| Pass it on | 26 | 45 | (58) | (14) | — |
| Peer Education Project | 77 | 121 | (146) | — | 51 |
| Picture This | — | 31 | — | — | 31 |
| Primary School Programme | 20 | — | — | — | 20 |
| Reclaiming our heritage | 40 | 28 | (39) | — | 28 |
| Refugee and Asylum Seeker | 3 | 53 | (44) | — | 12 |
| Refugee Health Policy Action Group | 14 | 60 | (54) | — | 20 |
| Refugee Wellbeing | — | 12 | (12) | — | — |
| Restricted Legacies - Helen Oliver | 154 | — | - | — | 154 |
| Restricted Legacies - Research | 394 | — | (83) | — | 311 |
| Screening Inequality | 111 | — | (7) | 1 | 105 |
| SITUATE | 4 | 36 | (40) | — | — |
| SMHAFF Restricted | — | 111 | (71) | — | 40 |
| Standing together-Cymru | — | 128 | (128) | — | — |
| Stigma | 17 | 122 | (113) | — | 26 |
| Survivors | 1 | 138 | (139) | — | — |
| The ACES (Adverse Childhood Experiences) Resilience | 9 | 31 | (29) | — | 11 |
| Thriving Learners | — | 90 | (28) | — | 62 |
| Triumph | — | 7 | (7) | — | - |
| UOK | 19 | — | (8) | — | 10 |
| Visibility & Voices | — | 19 | (6) | — | 13 |
| VOX | 1 | 116 | (116) | — | — |
| What I Need to Tell You | 4 | 13 | (7) | — | 9 |
| Winston Churchill Memorial Trust | 3 | 5 | (8) | — | — |
| Women of Scotland | 21 | — | — | — | 21 |
| | 967 | 2,280 | (2,351) | 564 | 1,460 |

Arts & Stigma

Working with See Me Scotland to commission an artist to create a new participatory artwork, which was delivered on the Isle of Lewis in Na h-Eileanan Iar. Final project event held during 2021 due to delays related to the pandemic.

Arts Festival Wales

After a successful inaugural programme, the Green Ribbon Arts Festival (GRAF) in Wales is now in its second year which includes a 2-day conference funded by the Baring Foundation and Arts Council of Wales.

Barnardo's Mental Health & Wellbeing Evaluation

Commissioned by Barnardo's for their three Mental Health and Wellbeing Core Priority Programme Strategic Research Partnerships' work in Renfrewshire, North Tyneside and Northern Ireland. The aims of these strategic partnerships are to facilitate systems change around Mental Health and Wellbeing, and support the development of new innovative ways of working, so that children and young people have improved mental health and wellbeing outcomes and the demand on secondary mental health service provision is reduced.

Becoming a Man (BAM)

A trauma-informed mentoring and counselling project in Lambeth, which integrates clinical theory and practice, men's rites of passage work and a dynamic approach to youth engagement. Over a two-year curriculum, the programme offers in-school activities that promote relational and emotional learning strongly correlated with positive long-term outcomes in the areas of health, education and justice system involvement. We are currently delivering weekly group counselling sessions (BAM Circles) to 18 groups of up to young men at risk of becoming involved in serious youth violence, across three schools in Lambeth.

Commission and Creative Network

With funding from the Baring Foundation this project worked with 3 artists across Scotland (Glasgow, Fife and the Highlands) worked with participants in their local communities to support them to make creative work exploring mental health issues. In tandem the Mental Health Arts Network was developed as a plan for a peer-to-peer support network for people who are either already making or are interested in making creative work about mental health.

COVID Research

Working with the University of Cambridge, De Montfort University, Swansea University, the University of Strathclyde and Queen's University Belfast, the

Mental Health Foundation is leading an ongoing, UK-wide, repeated cross-sectional study of how the pandemic is affecting people's mental health. We are producing briefings, publishing academic papers, and sharing our findings with government officials and stakeholders across the four UK nations.

COVID Response Programme

Our Covid Response programme works with partner organisations to create new projects across the UK, targeting three beneficiary populations identified by our longitudinal Covid study as having more mental health challenges due to the pandemic: people with long-term conditions, lone parents and people from BAME communities. The Programme is match-funded from external sources and the MHF designated funds.

COVID Youth Panel

With funding from the National Lottery Community Fund's Awards for All. Using the hashtag #morethanacondition the youth panel was facilitated remotely to raise awareness of how young people living with long term health conditions are facing additional challenges to their mental health as a result of the coronavirus.

Dads, football and Public Engagement

Funded by the Wellcome Trust and delivered in partnership with Cardiff City FC Foundation, the Dads and Football project engaged dads through football to understand more about the life changing transition for men as they become dads and the impact on their mental health. The main aims were to help support the health and wellbeing of those dads and improve engagement in research into men's perinatal mental health. The project came to an end in July 2021.

Drawing Neighbours Together

Funded by Westminster City Council (Neighbourhood Keepers Programme) and working in partnership with Notting Hill Genesis, this project facilitates weekly group sessions with Penfold Court residents, using creativity to acknowledge the changing Church Street environment and support them to manage its impact on their wellbeing. Sessions were held online during the pandemic. The project came to an end in July 2021.

Edinburgh Summer Programme

MHF partnered with Thrive Edinburgh and secured funding from the Scottish Government Get into Summer funding scheme to support the mental health and wellbeing of young people in Scotland during summer 2021. Get into Summer aimed to ensure that children and young people most impacted by Covid-19 were supported to create opportunities to socialise, play and reconnect over the 2021 summer holidays.

In particular, the funding hoped to target young people aged up to 25 from low-income households who may otherwise struggle to access such experiences during the holidays. Staff from the 22 organisations were offered training from the Mental Health Foundation Scotland in the use of the StressLess Facilitator Pack to use and adapt as part of their summer activities.

Evaluation of DBI

Provision of Lived Experience Policy & Development Officer to support the evaluation of the Distress Brief Interventions (DBI) service being led by the University of Stirling. Ended in May 2021.

Gaming and Mental Health

Funds donated from individual gamers via The JingleJam 2020, an annual fundraiser hosted by the Yogscast group. The project uses digital qualitative research (mobile diaries, in-depth interviews) and secondary data analysis of gaming related searches and conversations online. The findings inform a co-design session with gamers to create solutions for gamers and the industry. The outputs have two target audiences relevant to the theory of change – games industry and gamers. Project came to an end in Feb 2022.

Gwynedd Youth Service

This is a ‘Learning Partner’ relationship where we ‘walked alongside’ the youth service to help them discover how they were impacting the mental health of young people, help them think through how to evaluate the work they were already doing and recommendations to go forward with. We will be continuing to work with Gwynedd youth services to measure the impact of the recommendations on the youth workers, youth and their partners.

Irish Men

The Comhar project in Camden and Islington addresses the prevalence of long-standing undiagnosed mental health problems in Irish men in North London aged 40 to 54, and their elevated risk of suicide, especially survivors of institutional abuse, and Travellers. Working with ICAP (Immigration Counselling & Psychotherapy), we improve the mental health, well-being and social connectedness of participants through targeted self-management training and peer support activities.

J Sinson (Research prize fund)

This fund represents an original donation of £10,000 in memory of Dr Janice Sinson, which is to be used for prizes in ongoing research competitions.

KidsTime Southwark

Funded by the National Lottery Community Fund and delivered in partnership with Our

Time, who have developed the KidsTime workshops over many years, and the London Borough of Southwark. The workshops provide support for both children and parents affected by parental mental health problems bringing whole families together to promote wellbeing and resilience. The Foundation successfully adapted the workshops for online delivery during the pandemic.

Mental Wellbeing Impact Assessment, Building Resilient Communities – A Partnership Approach (South Wales Police)

The Police and Crime Commissioner (PCC) for South Wales provided a grant to MHF to steer and shape a re-design of policing services around a well-being and resilience framework that can be understood across all areas of South Wales Policing. The project involved a review and scoping of existing services, considering how they support and help build resilient communities using the Mental Wellbeing Impact Assessment to prevent mental ill health including self-harm and suicide. The project was delivered in collaboration with the PCC, South Wales Police and Public Health Wales.

My Life My Future

In 2020, Feeling Our Way was developed in Nottingham City in response to the unique and heightened challenges faced by care leavers, particularly social isolation and rapidly deteriorating mental health, as a result of COVID lockdown restrictions. The project, in partnership with Nottingham City Council, provided to-the-doorstep Wellbeing Kits (practical tools such as mindfulness colouring, skipping ropes, self-care items); Digital access (mobile phones, free data, minutes, texts) and Digital Packs (psychoeducation, signposting, interactive resources such as films and quizzes) to promote good mental health and encouraging help-seeking.

New Scots Edinburgh Partnership

Supported with funding from the Asylum, Migration and Integration Fund (European Union) matched with support from the Scottish Government this project is working with unaccompanied young refugees living in Edinburgh. Working with lead partner City of Edinburgh Council and the NHS Lothian CAMHS and Cyrenians we are delivering a peer mentoring activity support the mental health and wellbeing of this group of young people.

Peer Education Project (PEP)

This project continues to increase engagements with schools, training thousands of Year 12 students as peer educators and reaching over 50,000 Year 7 students giving them the skills and knowledge to safeguard their mental health, know where to seek help, and be better able to support the mental health of their friends.

Picture This

Picture This is a new digital creative programme designed to help people in later life who are experiencing digital exclusion. As a response to the pandemic, the Mental Health Foundation partnered with Lloyds to deliver the project to help people in later life who are at the lower end of a digital scale. As well as letting participants explore their creativity during the course, the project gave them digital skills which can have a big impact on their lives, enabling them to create better connections online with their family and friends.

Reclaiming Our Heritage

Concluding the project which started in 2018 with funding from the National Lottery Community Fund. Delivered a series of participatory workshops, zine creation and an end of project event with the Oral history Centre at the University of Strathclyde.

Refugee and Asylum seeker (Perthyn Project)

Funded by Welsh Government and delivered in partnership with Cardiff and Vale College through their REACH+ Programme, project expansion involved recruiting and training refugee and asylum seeker men and woman to become peer leaders of their own groups using a HOPE theory. The groups provided a safe and empowering space to come together to increase emotional literacy, empathy and understanding and, in turn, help protect their mental health. The project came to an end in August 2021.

Refugee Health Policy Action Group

Supported with funds from the Scottish Government’s “Promoting Equality and Cohesion Fund” the project is working to develop local responses to refugee health support in local authorities across Scotland. This includes training volunteers from refugee backgrounds on mental health, policy development and delivering work in local authority areas.

Refugee Wellbeing

Supported through the Scottish Government’s COVID Wellbeing Fund. A series of online Community Conversation groups run for people from refugee and asylum-seeking backgrounds in Glasgow in partnership with Interfaith Glasgow, Govan Community Project and Saheliya.

Restricted Legacies – Research

Legators may choose to restrict the use of their legacy to the Foundation.

The balance relates to several legacies that the Foundation was instructed to use to further research into mental health. The balance is now being invested in research projects led by the Foundation in collaboration with partners including the University of

Cambridge in England and Strathclyde University in Scotland.

Scottish Government Mental Health Ref Group

With funding from the Scottish Government and in partnership with the Health & Social Care Alliance the Diverse Experiences Advisory Panel (DEAP) brings together people from various communities and backgrounds with varied lived experiences and perspectives. DEAP members draw on their experiences and perspectives to inform government policy and how it can support better mental health for people and communities across Scotland. The panel is recruiting members and will be operational during 2022-23.

Screening Inequality

Working with NHS Borders, Fife and Tayside with the support of the Scottish Government’s “Screening Inequalities Fund” to use research and learning to increase informed consent on screening uptake among people living with long term mental health problems and to increase the visibility of screening in mental health care. Project paused during the pandemic period with restart in late 2021.

SITUATE

Students In Transition at University: Aiming to enhance mental and social health and wellbeing is a joint project between University of Sussex and Mental Health Foundation. The aim of the project is to produce a sustainable, best-practice model for the higher education sector that supports students and promotes positive mental health and wellbeing at key educational transitions: from pre-university to university and between years at university.

Scottish Mental Health Arts and Film Festival (SMHAFF)

The 15th Scottish Mental Health Arts Festival took place from 3-23 May 2021 with support from partners including Creative Scotland, See Me, NHS Lothian and NHS Greater Glasgow & Clyde, featuring around 180 online and outdoor events across Scotland, and a new artist commission. It reached estimated audiences of over 9,000 people. The annual festival aimed to support the arts, explore how engagement in the arts can help prevent mental ill health and challenge preconceived ideas about mental health.

Standing Together - Cymru

Following the success of the original Standing Together project, which ran in London from 2015-2018, the Foundation secured funding from National Lottery Community Fund to run a three-year project which

aimed to improve mental health, wellbeing and build community connections for people in later life housing in South East Wales. The project came to an end in September 2021.

Stigma and Discrimination (See Me)

See Me is Scotland's Programme to tackle mental health stigma and discrimination. It is funded by the Scottish Government and Comic Relief and is co-managed by the Mental Health Foundation and the Scottish Association for Mental Health. Specifically working on the research and learning of See Me's programmes.

Stigma Report Card

Running with Scottish Mental Illness Stigma Study in partnership with See Me, Glasgow Caledonian University and the Lines Between. The aim of this study was to identify stigma and discrimination faced by people who reported living with severe, complex and/or enduring mental illness in Scotland. Results to be reported in 2022-23.

Survivors (Future Pathways)

Future Pathways supports recovery of people who have experienced abuse or neglect in care in Scotland. Future Pathways is funded by the Scottish Government and is managed by a group of organisations that make up the Future Pathways Alliance (Health in Mind, Penumbra, Greater Glasgow and Clyde Health Board's Trauma Service, and the Mental Health Foundation). The Foundation left the Alliance in March 2021.

The Adverse Childhood Experiences (ACE's) Resilience

The Welsh Government funded Cardiff & Vale University Health Board and the Mental Health Foundation to work across all schools in the Cardiff and Vale area (primary and secondary) building resilience with children, families, teachers and other staff that work with children and young people who have experienced adverse childhood traumas. The project came to an end by March 2022.

Triumph

Transdisciplinary Research for the Improvement of Youth Mental Public Health (TRIUMPH) Network brings together young people, health practitioners, policymakers and those working with voluntary organisations including the Foundation, with academics from across clinical, social sciences, arts and humanities, design, and computer sciences disciplines.

Thriving Learners

Thriving Learners is a pioneering study of student mental health in tertiary educational institutes across Scotland. Working with partners, Universities Scotland, Colleges Scotland and with funding from the Robertson Trust, the study will be undertaken over two years. With the knowledge and insight gathered, we will provide recommendations for best practice in prevention, early intervention and support of students' emotional wellbeing in Scotland's universities and colleges.

UOK

Psychoeducation and peer to peer-based project to support young people aged 16+ with the transition out of statutory education and onto independent living, work, and higher education. The project is currently funded by TUUT Charitable Trust, Garfield Weston Foundation, FASTn, Association of Colleges and London and South East Colleges for one year from Jan 2022.

Visibility & Voices

The Visibility & Voices programme commenced in October 2020 with funding from Glasgow City Council's "Glasgow Communities Fund". The purpose of this programme is to engage people from refugee and asylum-seeking backgrounds in civic life across the city. Centring lived experience it is working to benefit the health and wellbeing of refugees and asylum seekers through increased and focused civic participation.

Voices of Experience (VOX)

VOX Scotland is Scotland's national mental health service user collective that represents its members' views to Scotland's politicians and health professionals to make sure Scotland's laws and mental health services reflect service user needs and interests. VOX is Scotland's only national mental health advocacy organisation run by service users for service users. VOX is an independent organisation that has a service and support agreement with the Mental Health Foundation for its running and delivery.

What I Need to Tell You

Funded through the Self-Management Fund this project is working in partnership with Diabetes Scotland to develop a per support toolkit.

15. DESIGNATED FUNDS

| Group and charity | At 1 April 2021 £'000 | New designation £'000 | Utilised/ released £'000 | At 31 March 2022 £'000 |
|----------------------------------|--------------------------|--------------------------|--------------------------------|---------------------------|
| Stephen Schick legacy | 2,000 | — | (500) | 1,500 |
| COVID Response Programme | 2,000 | — | — | 2,000 |
| Foundation Offices Property Fund | 6,500 | 174 | — | 6,674 |
| | 10,500 | 174 | (500) | 10,174 |

| Group and charity | At 1 April 2020 £'000 | New designation £'000 | Utilised/ released £'000 | At 31 March 2021 £'000 |
|----------------------------------|--------------------------|--------------------------|--------------------------------|---------------------------|
| Stephen Schick legacy | 2,500 | — | (500) | 2,000 |
| COVID Response Programme | 2,000 | — | — | 2,000 |
| Foundation Offices Property Fund | 5,500 | 1,000 | — | 6,500 |
| | 10,000 | 1,000 | (500) | 10,500 |

16. PERMANENT ENDOWMENT FUNDS

| Group and charity | At 1 April 2021 £'000 | Additions £'000 | At 31 March 2022 £'000 |
|-------------------|--------------------------|--------------------|---------------------------|
| Wilke Fund | 12 | — | 12 |
| Lander Fund | 33 | — | 33 |
| | 45 | — | 45 |

| Group and charity | At 1 April 2020 £'000 | Additions £'000 | At 31 March 2021 £'000 |
|-------------------|--------------------------|--------------------|---------------------------|
| Wilke Fund | 12 | — | 12 |
| Lander Fund | 33 | — | 33 |
| | 45 | — | 45 |

The above funds represent permanent endowment which must be retained indefinitely and held as capital. Both funds are constituted under separate trust deeds. Under the deed of trust relating to the Wilke Fund, all income arising from the capital sum may be used for the general purposes of the charity and it is credited, therefore, to general funds on receipt. Under the terms of the deed governing the Lander Fund, 25% of the income generated by the fund each year must be added to the capital sum and be retained as part of the permanent endowment. The remaining 75% of the income may be credited to general funds on receipt and used for the general purposes of the charity.

17. ANALYSIS OF NET ASSETS BETWEEN FUNDS

| Group | Unrestricted funds £'000 | Restricted funds £'000 | Designated funds £'000 | Permanent endowment funds £'000 | 2022 Total funds £'000 |
|-----------------------|-----------------------------|---------------------------|---------------------------|------------------------------------|---------------------------|
| Tangible fixed assets | 26 | — | 6024 | — | 6,050 |
| Investments | 8,751 | — | — | 45 | 8,796 |
| Net current assets | (1,856) | 1,771 | 4,150 | — | 4,065 |
| | 6,921 | 1,771 | 10,174 | 45 | 18,911 |

| Charity | Unrestricted funds £'000 | Restricted funds £'000 | Designated funds £'000 | Permanent endowment funds £'000 | 2022 Total funds £'000 |
|-----------------------|-----------------------------|---------------------------|---------------------------|------------------------------------|---------------------------|
| Tangible fixed assets | 24 | — | 6024 | — | 6,048 |
| Investments | 8,751 | — | — | 45 | 8,796 |
| Net current assets | (1,966) | 1,771 | 4,150 | - | 3,955 |
| | 6,809 | 1,771 | 10,174 | 45 | 18,799 |

| Group | Unrestricted funds £'000 | Restricted funds £'000 | Designated funds £'000 | Permanent endowment funds £'000 | 2021 Total funds £'000 |
|-----------------------|-----------------------------|---------------------------|---------------------------|------------------------------------|---------------------------|
| Tangible fixed assets | 23 | — | — | — | 23 |
| Investments | 5,163 | — | — | 45 | 5,208 |
| Net current assets | 1,305 | 1,460 | 10,500 | — | 13,265 |
| | 6,491 | 1,460 | 10,500 | 45 | 18,496 |

| Charity | Unrestricted funds £'000 | Restricted funds £'000 | Designated funds £'000 | Permanent endowment funds £'000 | 2021 Total funds £'000 |
|-----------------------|-----------------------------|---------------------------|---------------------------|------------------------------------|---------------------------|
| Tangible fixed assets | 21 | — | — | — | 21 |
| Investments | 5,163 | — | — | 45 | 5,208 |
| Net current assets | 1,131 | 1,460 | 10,500 | — | 13,091 |
| | 6,315 | 1,460 | 10,500 | 45 | 18,320 |

The total unrealised gains as at 31 March 2022 constitutes movements on fair value and are as follows:

| | 2022 £'000 | 2021 £'000 |
|---|---------------|---------------|
| Unrealised gains included above: | | |
| On investments | 796 | 208 |
| Total unrealised investment gains at 31 March 2022 | 796 | 208 |
| Reconciliation of movements in unrealised gains: | | |
| Unrealised gains at 1 April 2021 | 208 | — |
| Less: in respect of disposals in the year | — | — |
| | — | — |
| Add: net gains arising on fair value movement arising in the year | 588 | 208 |
| Total unrealised gains at 31 March 2022 | 796 | 208 |

18. OPERATING LEASE COMMITMENTS

At 31 March 2022 the charity had the following total minimum lease payments under non-cancellable operating leases:

| | Land and buildings | | Other | |
|-----------------------------------|--------------------|---------------|---------------|---------------|
| | 2022 £'000 | 2021 £'000 | 2022 £'000 | 2021 £'000 |
| Operating leases which expire: | | | | |
| - Within one year | 89 | 37 | — | — |
| - After one but within two years | 87 | 2 | — | — |
| - After two but within five years | 282 | — | — | — |
| | 458 | 39 | 1 | 1 |

19. RELATED PARTIES

During the year ended 31 March 2022, the group had no related party transactions (2021: None).

20. ULTIMATE PARENT UNDERTAKING AND CONTROLLING PARTY

The immediate parent undertaking is The Mental Health Foundation. The ultimate parent undertaking and controlling party is The Mental Health Foundation, a company incorporated in England and Wales.

The Mental Health Foundation is the parent undertaking of the largest and smallest group of undertakings to consolidate these financial statements at 31 March 2022.

The consolidated financial statements of The Mental Health Foundation are available from Unit 2, 197 Long Lane, SE1 4PD.

21. COMPARATIVE GROUP AND CHARITY STATEMENT OF FINANCIAL ACTIVITIES

| Group | Notes | Unrestricted funds £'000 | Restricted funds £'000 | Designated funds £'000 | Permanent endowment funds £'000 | 2021 Total funds £'000 |
|---|-------|-----------------------------|---------------------------|---------------------------|------------------------------------|------------------------------|
| Income from: | | | | | | |
| Donations | | 7,671 | 19 | — | — | 7,690 |
| Legacies | | 1,730 | — | — | — | 1,730 |
| Fundraising events | | 376 | — | — | — | 376 |
| Investments | | 12 | — | — | — | 12 |
| Charitable activities | | | | | | |
| - Statutory grants receivable | 1 | — | 559 | — | — | 559 |
| - Other grants | 1 | 33 | 1,686 | — | — | 1,719 |
| - Charitable trading activities | 2 | 769 | 16 | — | — | 785 |
| Total income | | 10,591 | 2,280 | — | — | 12,871 |
| Expenditure on: | | | | | | |
| Raising funds | | 1,288 | — | — | — | 1,288 |
| Charitable activities | 3 | | | | | |
| - Mental Health Programmes | | 1,832 | 1,729 | — | — | 3,561 |
| - FPLD | | 39 | 58 | — | — | 97 |
| - Information, education, dissemination and advisory services programme | | 2,400 | 564 | — | — | 2,964 |
| Total expenditure | | 5,559 | 2,351 | — | — | 7,910 |
| Operating income (expenditure) for the year before transfers | | 5,032 | (71) | — | — | 4,961 |
| Unrealised gains on investment | | 208 | - | — | — | 208 |
| Net income (expenditure) for the year before transfers | | 5,240 | (71) | — | — | 5,169 |
| Transfers between funds | | (1,064) | 564 | 500 | — | - |
| Net movement in funds | | 4,176 | 493 | 500 | — | 5,169 |
| Reconciliation of funds: | | | | | | |
| Funds brought forward at 1 April 2020 | | 2,315 | 967 | 10,000 | 45 | 13,327 |
| Funds carried forward at 31 March 2021 | | 6,491 | 1,460 | 10,500 | 45 | 18,496 |

| Charity | Notes | Unrestricted funds £'000 | Restricted funds £'000 | Designated funds £'000 | Permanent endowment funds £'000 | 2021 Total funds £'000 |
|---|-------|-----------------------------|---------------------------|---------------------------|------------------------------------|------------------------------|
| Income from: | | | | | | |
| Donations | | 7,671 | 19 | — | — | 7,690 |
| Legacies | | 1,730 | — | — | — | 1,730 |
| Fundraising events | | 376 | — | — | — | 376 |
| Investments | | 12 | — | — | — | 12 |
| Charitable activities | | | | | | |
| - Statutory grants receivable | 1 | — | 559 | — | — | 559 |
| - Other grants | 1 | 33 | 1,686 | — | — | 1,719 |
| - Charitable trading activities | 2 | 103 | 16 | — | — | 119 |
| Total income | | 9,925 | 2,280 | — | — | 12,205 |
| Expenditure on: | | | | | | |
| Raising funds | | 1,288 | — | — | — | 1,288 |
| Charitable activities | 3 | | | | | |
| - Mental Health Programmes | | 1,832 | 1,729 | — | — | 3,561 |
| - FPLD | | 39 | 58 | — | — | 97 |
| - Information, education, dissemination and advisory services programme | | 1,742 | 564 | — | — | 2,306 |
| Total expenditure | | 4,901 | 2,351 | — | — | 7,252 |
| Operating income (expenditure) for the year before transfers | | 5,024 | (71) | — | — | 4,953 |
| Unrealised gains on investment | | 208 | — | — | — | 208 |
| Net income (expenditure) for the year before transfers | | 5,232 | (71) | — | — | 5,161 |
| Transfers between funds | | (1,064) | 564 | 500 | — | — |
| Net movement in funds | | 4,168 | 493 | 500 | — | 5,161 |
| Reconciliation of funds: | | | | | | |
| Funds brought forward at 1 April 2020 | | 2,2147 | 967 | 10,000 | 45 | 13,159 |
| Funds carried forward at 31 March 2021 | | 6,315 | 1,460 | 10,500 | 45 | 18,320 |



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Registered with
**FUNDRAISING
REGULATOR**

Registered Charity No. England 801130 Scotland SCO39714. Company Registration No. 2350846.