CENTRE FOR MENTAL HEALTH

England & Wales · Charity number 1091156

Details

Other names	THE SAINSBURY CENTRE FOR MENTAL HEALTH
Status	Registered
Legal form	Charitable company
Company number	04373019
Registered	2002-03-15
Register	View on the Charity Commission register

Contact

Address	Centre For Mental Health Technopark 2a04 90 London Road London
Phone	07415119079
Email	contact@centreformentalhealth.org.uk
Website	www.centreformentalhealth.org.uk

Activities

Objects: THE PRESERVATION AND PROTECTION OF MENTAL HEALTH IN PARTICULAR BY: (A) ADVANCING EDUCATION AND LEARNING IN THE SCIENCE AND PRACTICE OF MENTAL HEALTH CARE; (B) PROMOTING RESEARCH THEREIN AND AND THE PUBLICATION OF THE USEFUL RESULTS OF SUCH RESEARCH; AND (C) PROVIDING OR ASSISTING IN THE PROVISION OF MENTAL HEALTH CARE FOR THOSE IN NEED OF SUCH CARE .

Activities: Centre for Mental Health undertakes research and development activities in the field of mental health. These activities are particularly focussed on mental health care in prisons and the criminal justice system and on issues relating to the employment of people with mental health problems. Findings and recommendations are aimed at creating improvements on a national scale.

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Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research, Other Charitable Activities
- **What:** The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** Children/young People, Elderly/old People, People With Disabilities, People Of A Particular Ethnic Or Racial Origin, Other Charities Or Voluntary Bodies, Other Defined Groups

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-05	£1,574,074	£1,553,253	£679,740	25
2024-04-05	£1,608,228	£1,805,978	£658,919	29
2023-04-05	£1,462,379	£1,602,914	£856,669	27
2022-04-05	£1,422,205	£1,305,900	£997,204	24
2021-04-05	£1,013,708	£1,297,736	£880,899	21

Trustees

Name	Role	Appointed
Andre Tomlin		2018-11-01
Christopher Paul Chapman		2021-01-28
Dr Ariel Chardonnay Breaux		2025-01-23
Emma Marilyn Elizabeth Mamo		2025-01-23
MICHAEL JOHN MORLEY		2017-01-19
Morgan Elisabeth Vine		2023-08-17
Peter Malcolm Orlando Alleyne		2023-08-17
Philip Paul Ross		2025-01-23
Victoria Elizabeth Bleazard		2023-08-17

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CENTRE FOR MENTAL HEALTH

England & Wales - Charity number 1091156

Accounts

Docusign Envelope ID: 9CF7AC81-A40C-4427-90CC-F630D3D7E979

Company number: 4373019
Charity number: 1091156

Centre for Mental Health

Report and Financial Statements

5 April 2025

Docusign Envelope ID: 9CF7AC81-A40C-4427-90CC-F630D3D7E979

Centre for Mental Health

Reference and administrative details

For the year ended 5 April 2025

Company number	4373019 in England & Wales
Charity number	1091156 in England & Wales
Registered office and operational address	Technopark, 2A04, 90 London Road London SE1 6LN

Trustees

Trustees, who are also directors under company law, who served during the year and up to the date of this report were as follows:

Professor Dame Susan Bailey	Retired 23.01.2025
Mr Michael Morley	Chair appointed 23.01.2025
Christopher Paul Chapman	Treasurer
Mr Andre Tomlin	
Professor Kamaldeep Singh Bhui	
Peter Malcolm Orlando Alleyne	
Morgan Elisabeth Vine	
Victoria Elizabeth Bleazard	
Emma Mamo	Appointed 23.01.2025
Ariel Breaux	Appointed 23.01.2025
Philip Ross	Appointed 23.01.2025

Key management personnel and senior leadership team	Mr Andrew Bell BA MA	Chief Executive
	Ms Jan Hutchinson MSc MA DipSW	Director of Operations
	Ms Agnieszka Dajczer MAcc	Associate Director of Finance and Resources
	Ms Kadra Abdinasir MSc BA Hons	Associate Director of Policy
	Mrs Jennifer Banks BA Hons	Associate Director of Business and Partnerships
	Dr David Woodhead BA Hons PhD	Associate Director of Research
	Ms Alethea Joshi BA Hons	Associate Director of Communications
	Ms Julie Bailie	Associate Director for Training and IPS Consultancy

Bankers	National Westminster Bank 20 Dean Street London W1A 1SX
Solicitors	Russell Cooke 8 Bedford Row London WC1R 4BX

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Centre for Mental Health

Reference and administrative details

For the year ended 5 April 2025

Auditors	Sayer Vincent LLP Chartered Accountants and Registered Auditors 110 Golden Lane London EC1Y 0TG

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Centre for Mental Health

Report of the trustees

For the year ended 5 April 2025

The trustees present their report and the audited financial statements for the year ended 5 April 2025.

Reference and administrative information set out on page 2 forms part of this report. The financial statements comply with current statutory requirements, the memorandum and articles of association and the Statement of Recommended Practice - Accounting and Reporting by Charities (FRS102, 2015).

Objectives and activities

We're Centre for Mental Health.

We take the lead in challenging policies, systems and society, so that everyone can have better mental health.

We do this by building research evidence to create fairer mental health policy.

Poverty, injustice and discrimination put some people at a much higher risk of poor mental health – but less likely to receive the right support.

By developing mental health research, economic analysis and policy ideas, we're equipping services and decision makers to meet people's needs and reduce mental health inequalities.

Our work is driving forward sustainable policy change, to pursue equality, social justice and good mental health for all.

The charity's main activities and who it tries to help are described in detail below. All its charitable activities focus on the advancement of learning in the science and practice of mental health care and are undertaken to further Centre for Mental Health's charitable purposes for the public benefit.

The trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning its future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives that have been set.

Introduction from Michael Morley and Andy Bell

Michael Morley, chair

Andy Bell, chief executive

Mental health in the UK has been deteriorating over the last decade, with more people experiencing distress and ill health, at an ever-rising cost to individuals, communities, and society as a whole.

Mental health inequalities are social and economic inequalities. Injustice and inequity in society drive mental ill health through oppression, impoverishment and marginalisation.

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We're Centre for Mental Health. Our charitable purpose is to challenge those inequalities, drawing on the best available evidence, intelligence, experience and knowledge. Our research, analysis, training, networks and advocacy are all dedicated to advancing equality and social justice in mental health.

This year, we've been working hard to achieve mental health equality nationwide and internationally. From ground-breaking research to life-changing training, we've been at the forefront of efforts to make mental health equality a reality. Our research highlighted the rising cost of mental ill health in England – at twice the size of the entire NHS budget – and the need for reform of mental health inpatient services. We've also set out solutions that work – from investing in early years services and young people's hubs to creating voluntary and community sector alliances to meet people's mental health needs more holistically. Our training reached 1,000 people to learn skills to help people with mental health difficulties into employment, and our networks have grown countrywide of people and organisations dedicated to better mental health for all.

We'd like to extend our thanks and appreciation to Dame Sue Bailey, who became our first President this year on her retirement as chair of the trustees. We are delighted Sue will remain with the Centre in this role, sharing with us her invaluable knowledge, insight and passion for mental health equality.

We're also delighted to welcome three new trustees to our board, Ariel Breaux-Torres, Emma Mamo, and Philip Ross, and a new deputy chair, Victoria Bleazard.

2025 marks 40 years of the Centre's essential work. During that time, we've worked with many thousands of people across the country to make a difference to the lives of millions. We know our work is needed more than ever. We know there's a lot to do. And we are determined to continue to use our voice, our platforms, our knowledge, and our passion to create lasting and meaningful change.

Achievement of our objectives for 2024/25

During the last year, we have been focused on achieving the five high level goals set out in our five year strategy (for 2021-2025). These are:

- To secure a whole government long-term approach to protecting and promoting mental health for all, including housing, social security, health, business, justice, defence and the environment.
- To enable every child and young person to have a mentally healthy start in life through large-scale system change and investment.
- To ensure that people of all ages with mental health difficulties get equitable, effective and timely health and social care services, including physical health, work, and housing.
- To address the unequal social and economic determinants of mental health, including poverty, racism, discrimination and exclusion, fostering action locally and nationally, including from statutory bodies, civil society and businesses.
- To stimulate action to address inequalities in mental health across every dimension: working alongside communities and public services to find and share sustainable and effective solutions. In the next two years, we especially want to address mental health inequalities that have received less attention or been poorly served, including those facing neurodiverse communities, LGBTQ+ communities, racialised communities, refugee and asylum-seeking communities, older people, and people with 'complex' needs.

In the pursuit of these high-level goals, during 2024/25 we:

- Made the case for investing in children and young people's mental health through the collaborative Future Minds campaign https://www.centreformentalhealth.org.uk/publications/future-minds/ and our report, *Invest in Childhood* https://www.centreformentalhealth.org.uk/publications/invest-in-childhood/.

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Together, these have given the Government a clear case for change to turn around rising rates of distress among children and young people.

- Enabled the expansion of Individual Placement and Support to help people using mental health and drug and alcohol services to gain paid employment. We have provided a range of NHS England and Office of Health Improvement and Disparities funded and optional training courses, tailored consultancy and support to local services, and to provide individual service fidelity reviews which highlight areas for development and improvement. Last year we trained 1,000 people in IPS, as services continue to expand nationwide.
- Explored the effects of poverty and the rising costs of living on people's mental health, working with Mind https://www.centreformentalhealth.org.uk/publications/just-living-and-coping/ and with save the Children UK https://www.centreformentalhealth.org.uk/publications/a-dual-crisis/ to highlight the harmful effects of poverty, financial difficulty and an increasingly hostile social security system on the mental health of adults and children alike.
- Worked with Mind to produce the first Big Mental Health Report that brings together evidence about the current state of the nation's mental health in England and Wales https://www.centreformentalhealth.org.uk/publications/the-big-mental-health-report/.
- Delivered our updated Mentally Healthier Councils Network, supporting elected members and staff from local authorities to use their powers and responsibilities to boost mental health for all in their communities. More than 390 people from over 156 councils across the country have joined our network.
- Continued to work towards being an Anti-Racist organisation, and published an independent review of the progress we have made since 2020 towards antiracism and the work we need to do to go further https://www.centreformentalhealth.org.uk/anti-racism-at-centre-for-mental-health-our-work-in-progress/.
- Hosted the Children and Young People's Mental Health Coalition, which this year published a major report on school attendance and children's mental health https://cypmhc.org.uk/publications/not-in-school/ as well as bringing over 370 organisations together to campaign for better mental health for babies, children and young people nationwide.
- Evaluated innovative approaches to reducing mental health inequalities, like Nottingham's Healthy Little Minds programme for young families to help parents with their own mental health and the wellbeing of their babies https://www.centreformentalhealth.org.uk/publications/here-for-as-long-as-you-need-us/.
- Supported local councils, integrated care boards and combined authorities across the country to bring about equality in mental health locally. For example, this year we worked with local partners to carry out mental health needs assessments, to explore their priorities for improving mental health support, and to strengthen their voluntary and community sector services.
- Explained how the commercial determinants of mental health interact with wider social inequalities, and how governments and businesses can help to build a mentally healthier future together https://www.centreformentalhealth.org.uk/publications/the-commercial-determinants-of-mental-health/.
- Provided information to empower people living with a mental illness to know their voting rights during the 2024 General Election and shared research on overcoming the barriers to democratic participation https://www.centreformentalhealth.org.uk/publications/a-fundamental-right/.

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We're a small team that makes a big impact. Over the last year:

- Our calls to action featured in the 2024 General Election manifestoes of all the major UK political parties, including Labour's commitment to create a national network of early support mental health hubs for young people.
- Individual Placement and Support employment services grew at a rapid rate – 23% bigger this year than last, reaching thousands more people in both mental health and substance use services nationwide, thanks to our advocacy, evidence, advice, and leading-edge training.
- Our research was used nationally, internationally, and locally across the UK to inform and inspire action for better mental health, from the World Economic Forum Children's mental health is suffering. How can we help? | World Economic Forum to Parliamentary and Welsh Assembly reports, and local health and wellbeing strategies.
- We welcomed 365 members to our Mentally Healthier Councils Network from over 180 different local authorities countrywide.
- Over 5,000 people received our monthly email bulletin and our publications were downloaded more than 28,000 times during the year
- We had over 170 media appearances, sharing our work and speaking out about mental health equality in online, print and broadcast media.

Financial Review

Unrestricted income for the year amounted to £1,194,183 (2023/24: £1,166,025), while unrestricted expenditure was significantly reduced to £1,156,273 (2023/24: £1,378,765). This resulted in a surplus of £37,910 for the year (2023/24: deficit of £212,740), as shown on the Statement of Financial Activities. The turnaround from deficit to surplus was primarily due to the organisation implementing a series of cost reduction measures during the year, including a restructure which resulted in some staff redundancies. These actions have improved financial sustainability and reduced ongoing operational costs.

Activity within restricted funds resulted in a decrease of £17,089 in restricted funds carried forward to the next year. This reduction does not represent a call on unrestricted reserves, as restricted surpluses are allocated to projects that span multiple financial years. Further details of restricted activities and funds are provided in note 17a to the accounts.

Total consolidated funds carried forward as of 5 April 2025 are £679,740 (2023/24: £658,919).

Risk Management

The Trustees are responsible for the management of the risks faced by the charity. Detailed considerations of risk are delegated to the Finance and Audit Committee, which is assisted by senior charity staff and external experts. Risks are identified, assessed and controls established throughout the year. A formal review of the charity's risk management processes is undertaken on a regular basis.

The key risks faced by the charity include:

- Business Continuity and Disaster Recovery.
- Financial Stability, the context for the Centre are ever changing and therefore is an ongoing primary focus of risk management.

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- Lack of diversity, the Centre has identified Diversity as a key element to a successful organisation therefore is also a significant priority for risk management strategies.
- Reputational damage, all charities must maintain the highest standards of practice, however the Centre understand the implications when things go wrong.
- Going concern consideration, both the senior management team and the trustees have considered the assumptions created for the going concern consideration and the resulting conclusions, using different levels of uncertainty over significant amount of income and have agreed appropriate actions should income not materialise as planned. They have concluded that there are currently no material uncertainties about going concern due to the relatively high percentage of budgeted income that has already been committed for the financial year ending 5 April 2026 and that, should further budgeted income is not secured, robust plans are in place to make any necessary reductions in expenditure to maintain going concern status.

The key controls used by the charity include:

- formal reporting of risk management processes to Trustees' meetings,
- weekly cash flow review,
- regular executive meetings where the risk register is discussed,
- detailed terms of reference for all sub-committees,
- comprehensive strategic planning, budgeting and management accounting,
- established organisational and governance structure and lines of reporting,
- formal written policies,
- hierarchical authorisation and approval levels,
- making sure that our IT systems are safe and adhering to Cyber Safe certification requirements.

The Centre has a business continuity action plan to ensure we could continue to carry out our work and meet our obligations during the pandemic. The action plan enables all staff to work from home (with necessary equipment and adaptations) and that all our business processes can continue while staff, trustees and other stakeholders are all working remotely.

Through the risk management processes established by the charity, the Trustees are satisfied that the major risks identified have been adequately managed where necessary. It is recognised that systems can only provide reasonable but not absolute assurance that major risks have been adequately managed.

Reserves policy and going concern

Reserves are required to:

- smooth out surpluses and deficits year on year,
- replace capital expenditure or restructure the organisation,
- deal with the effects of any risks that materialise,
- allow the organisation to take on opportunities that may arise in a timely manner,
- deal with the unexpected.

Trustees are required to set an appropriate target level of reserves for the Charity and in doing so take into account the following factors:

- current and future financial needs,
- market and economic environment,
- cost of an orderly winddown; and
- appropriate levels of cash reserves.

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Accordingly, the Trustees have decided to set a target range for free reserves of between £361,000 and £586,000 to be held as at 5 April 2025 (2023/24: £500,000 - £700,000) and reflecting next year's commitment. The minimum cash reserves were approved at £500,000 to account for restricted fund obligations.

Group free reserves held at 5 April 2025 amounted to £455,916, being group net assets of £679,740 less restricted funds of £223,824.

The Trustees consider that the level of reserves held is within policy range, given the need to be able to respond to fundraising opportunities, and that the going concern basis remains appropriate for the preparation of the group's accounts. This policy is reviewed as necessary by Trustees and at least once a year as part of the annual reporting process.

Trading subsidiary

Centre for Mental Health Training Ltd is a wholly owned subsidiary of Centre for Mental Health that carries out programme-related trading activity on behalf of the parent charity. During 2024/25 sales income was derived from several sources including IPS training courses and consultancy services. The subsidiary made a profit of £185,027 (2023/24: profit £103,263). The profit for 2024/25 has been donated via Gift Aid to the charitable parent in amount of £185,027. Further details are given in Note 11 to the financial statements.

Fundraising

Centre for Mental Health welcomes voluntary donations but does not engage in direct public fundraising and does not use professional fundraisers or commercial participators. Centre for Mental Health nevertheless observes and complies with the relevant fundraising regulations and codes. During the year there was no non-compliance of these regulations and codes and Centre for Mental Health received no complaints relating to its fundraising practice.

Most of our income derives from contracts and grants. We are nonetheless registered with the Fundraising Regulator (as prominently displayed on our website) and follow their guidance when evaluating potential approaches to grant giving bodies.

Objectives and activities planned for 2025/26

During the year, we will develop a new strategy for the next five years, to 2030. While we create it, we will continue to strive to achieve our five objectives.

Our plans for this year include:

- We will provide intelligence about evidence-based priority areas for investment nationally, including for the Government's next Spending Review and ten-year health plan.
- We will pursue the Future Minds campaign to secure vital investment in the mental health of babies, children and young people.
- We will support local councils and integrated care systems to create mentally healthier places through our growing networks and our direct strategic support offer.

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- We will train more employment specialists and others to expand and improve the provision of Individual Placement and Support services across the UK, including through the UK Government's Connect to Work scheme.
- We will work with partners to evaluate the ground-breaking 24/7 neighbourhood mental health centres initiative to provide better alternatives to hospital in a crisis and to facilitate a long-term shift from hospital to the community in our mental health services.
- We will support the Children and Young People's Mental Health Coalition to provide a strong and united voice for change, building on the strengths of its 400 members across the country.
- We will convene a wide range of voices and views to inform mental health policy through an equalities and social justice perspective, drawing on real life experience and knowledge to challenge inequality and injustice.
- We will strengthen our academic partnerships, for example working with the University of York to build the evidence base for children and young people's mental health, and with Durham University to explore the legacies of the HIV epidemic on gay men's mental health in the UK.
- We will work with Mind to deliver the second Big Mental Health Report, monitoring data and intelligence about public mental health and mental health services in England and Wales.
- We will explore emerging areas of concern for mental health, forming new partnerships and convening solution-focused discussions through our roundtables and webinars.
- We will speak up and speak out about discrimination and injustice where they affect people's mental health, from institutional racism and reforms to the benefits system to the rights of trans people and the importance of tackling domestic abuse and male violence.

Structure, governance & management

The organisation is a charitable company limited by guarantee, incorporated on 13 February 2002 and registered as a charity on 1 March 1985.

The company was established under a memorandum of association which established the objects and powers of the charitable company and is governed under its articles of association.

All trustees give their time voluntarily and receive no benefits from the charity. There were no trustee expenses reclaimed from the charity.

Centre for Mental Health is run by a Board of Trustees who are the Directors and Members of the charitable company; their details are set out above. Trustees concern themselves with matters of a strategic nature, deciding broad policy and ensuring good governance and compliance. Trustees meet regularly, both in plenary or in Committee groups to oversee the affairs of the Centre. Trustees are recruited for their expertise and experience in mental health, in charity governance, in fundraising and in financial management as well as their commitment to and enthusiasm for the Centre's aims and objectives.

The Nominations Committee oversees the recruitment, induction, and training of all trustees. All trustees participate in external and internal training opportunities covering developments in mental health as well as charity governance and trustee responsibilities.

The Finance and Audit Committee has a key role in establishing annual budgets and monitoring performance against the budget on monthly basis during the year, overseeing the organisation's financial control and systems, reviewing, and recommending to the board approval of the annual financial statements, including

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the selection of appropriate accounting policies and practices, recommending the appointment of the external auditor, and the appropriate fee. The Finance and Audit Committee play a very important role in detecting and preventing fraud.

The Remuneration Committee decides on the organisation's remuneration policy and are responsible for setting the renumeration package for chief executive and all employees. The Committee reviews the salary levels each year making sure the pay remains fair and competitive to its employees and affordable to the organisation considering the risk and the long term strategic goals.

Trustees delegate day to day management to the Executive team lead by the Chief Executive. Trustees are advised of the terms of reference for executive committees and processes for operational management.

The charity carried out a governance review in October 2021 using the Charity Governance Code as the basis for reviewing our current arrangements and identifying any necessary changes.
Following our review, and as part of our antiracism action plan, we have established a new Equalities and Human Resources Committee. This new committee is responsible for ensuring we adopt best practice relating to equalities and human resources issues, and to scrutinise the ways we work on behalf of the board.

Appointment of trustees

Trustees are appointed by the board's Nominations Committee. Towards the end of 2024, we undertook an open recruitment exercise through which we recruited three new trustees, who joined the board in January 2025.
Our previous chair resigned at the end of 2024 and following an open recruitment exercise, Michael Morley, our previous Deputy Chair was appointed by Trustees the role of Chair from January 2025.

Statement of responsibilities of the trustees

The trustees, who are also directors of Centre for Mental Health for the purposes of company law, are responsible for preparing the report of the trustees' annual report including the strategic report and the 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 group of the incoming resources and application of resources, including the income and expenditure, of 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 the Charities SORP,
- make judgements and estimates that are reasonable and prudent,
- state whether applicable UK Accounting Standards and statements of recommended practice 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 charity will continue in operation.

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The trustees are responsible for keeping adequate 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 group and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the trustees are aware:

- there is no relevant audit information of which the charitable company's auditor is unaware; and
- the trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditors are aware of that information.

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.

Members of the charity guarantee to contribute an amount not exceeding £1 to the assets of the charity in the event of winding up. The total number of such guarantees at 5 April 2025 was 10 (2024 - 11). The trustees are members of the charity, but this entitles them only to voting rights. The trustees have no beneficial interest in the group or the charity.

Auditors

Sayer Vincent LLP were re-appointed as the charitable company's auditors during the year and have expressed their willingness to continue in that capacity.

The report of the trustees has been prepared in accordance with the special provisions applicable to companies subject to the small regime.

The trustees' annual report which has been approved by the trustees on 24 July 2025 and signed on their behalf by

Michael Morley
Chairman

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Independent auditor's report

To the members of

Centre for Mental Health

Opinion

We have audited the financial statements of Centre for Mental Health (the 'parent charitable company') and its subsidiary (the 'group') for the year ended 5 April 2025 which comprise the consolidated statement of financial activities, the group and parent charitable company balance sheets, the consolidated statement of cash flows and the notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including FRS 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 group's and of the parent charitable company's affairs as at 5 April 2025 and of the group's incoming resources and application of resources, including its income and expenditure, for the year then ended
- Have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice
- Have been prepared in accordance with the requirements of the Companies Act 2006 and the Charities Act 2011

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 group financial statements section of our report. We are independent of the group and parent charitable company 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 Centre for Mental Health'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.

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Independent auditor's report

To the members of

Centre for Mental Health

Other Information

The other information comprises the information included in the trustees' annual report, other than the group financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. Our opinion on the group 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. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the group financial statements or our knowledge obtained in the course of 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 this gives rise to a material misstatement in the group financial statements themselves. 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' annual report for the financial year for which the financial statements are prepared is consistent with the financial statements
- The trustees' annual 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 group and the parent charitable company and their environment obtained in the course of the audit, we have not identified material misstatements in the trustees' annual report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 and Charities Act 2011 requires us to report to you if, in our opinion:

- Adequate accounting records have not been kept by the parent charitable company, or returns adequate for our audit have not been received from branches not visited by us; or
- The parent charitable company 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; or
- The directors were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the trustees' annual report and from the requirement to prepare a strategic report.

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Independent auditor's report

To the members of

Centre for Mental Health

Responsibilities of trustees

As explained more fully in the statement of trustees' responsibilities set out in the trustees' annual report, the trustees (who are also the directors of the parent 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 group's and the parent charitable company'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 group or the parent charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

We have been appointed auditor under the Companies Act 2006 and section 151 of the Charites Act 2011 and report in accordance with those Acts.

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 are set out below.

Capability of the audit in detecting irregularities

In identifying and assessing risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, our procedures included the following:

- We enquired of management and the Finance Committee, which included obtaining and reviewing supporting documentation, concerning the group's policies and procedures relating to:
- Identifying, evaluating, and complying with laws and regulations and whether they were aware of any instances of non-compliance;
- Detecting and responding to the risks of fraud and whether they have knowledge of any actual, suspected, or alleged fraud;

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- The internal controls established to mitigate risks related to fraud or non-compliance with laws and regulations.
- We inspected the minutes of meetings of those charged with governance.
- We obtained an understanding of the legal and regulatory framework that the group operates in, focusing on those laws and regulations that had a material effect on the financial statements or that had a fundamental effect on the operations of the group from our professional and sector experience.
- We communicated applicable laws and regulations throughout the audit team and remained alert to any indications of non-compliance throughout the audit.
- We reviewed any reports made to regulators.
- We reviewed the financial statement disclosures and tested these to supporting documentation to assess compliance with applicable laws and regulations.
- We performed analytical procedures to identify any unusual or unexpected relationships that may indicate risks of material misstatement due to fraud.
- In addressing the risk of fraud through management override of controls, we tested the appropriateness of journal entries and other adjustments, assessed whether the judgements made in making accounting estimates are indicative of a potential bias and tested significant transactions that are unusual or those outside the normal course of business.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

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

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Independent auditor's report

To the members of

Centre for Mental Health

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 section 144 of the Charities Act 2011 and regulations made under section 154 of that Act. 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.

Joanna Pittman (Senior statutory auditor)
4 August 2025
for and on behalf of Sayer Vincent LLP, Statutory Auditor
110 Golden Lane, LONDON, EC1Y 0TG
Sayer Vincent LLP is eligible to act as auditor in terms of section 1212 of the Companies Act 2006

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Centre for Mental Health

Consolidated statement of financial activities (incorporating an income and expenditure account)

For the year ended 5 April 2025

	Note	Unrestricted £	Restricted £	2025 Total £	Unrestricted £	Restricted £	2024 Total £
Income from:							
Donations and legacies	2	2,603	-	**2,603**	3,254	-	**3,254**
Charitable activities							
Employment Support Programme	3	464,869	-	**464,869**	472,279	-	**472,279**
Adults Research	3	263,263	19,540	**282,803**	347,147	32,350	**379,497**
Children and Young People	3	307,621	277,986	**585,607**	198,513	313,388	**511,901**
Economics	3	21,455	-	**21,455**	29,350	-	**29,350**
Influencing Policy and Practice	3	126,322	82,365	**208,687**	102,402	96,465	**198,867**
Other Programmes	3	-	-	**-**	2,704	-	**2,704**
Investments - Interest receivable	3	8,050	-	**8,050**	10,376	-	**10,376**
Total income		1,194,183	379,891	**1,574,074**	1,166,025	442,203	**1,608,228**
Expenditure on:							
Raising funds	4	168,739	-	**168,739**	222,828	-	**222,828**
Charitable activities							
Employment Support Programme	4	302,764	-	**302,764**	357,066	-	**357,066**
Adults Research	4	213,248	84,472	**297,720**	251,856	71,550	**323,406**
Children and Young People	4	93,427	230,193	**323,620**	85,316	302,838	**388,154**
Economics	4	42,749	-	**42,749**	112,357	-	**112,357**
Influencing Policy and Practice	4	335,346	82,315	**417,661**	349,342	52,825	**402,167**
Total expenditure		1,156,273	396,980	**1,553,253**	1,378,765	427,213	**1,805,978**
Net income / (expenditure) before transfers between funds	5	37,910	(17,089)	**20,821**	(212,740)	14,990	**(197,750)**
Transfers between funds		-	-	**-**	-	-	**-**
Net movement in funds		37,910	(17,089)	**20,821**	(212,740)	14,990	**(197,750)**
Reconciliation of funds:							
Total funds brought forward		418,006	240,913	**658,919**	630,746	225,923	**856,669**
Total funds carried forward		455,916	223,824	**679,740**	418,006	240,913	**658,919**

All of the above results are derived from continuing activities. There were no other recognised gains or losses other than those stated above. Movements in funds are disclosed in Note 19 to the financial statements.

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Centre for Mental Health

Balance sheets

Company no. 4373019

As at 5 April 2025

		The group		The charity	
		2025	2024	**2025**	2024
	Note	**£**	**£**	**£**	£
Fixed assets:					
Investments	10	**-**	-	**1,000**	1,000
		-	**-**	**1,000**	1,000
Current assets:					
Debtors	13	**328,192**	302,738	**295,645**	218,199
Cash at bank and in hand		**677,174**	674,139	**383,403**	478,065
		1,005,366	976,877	**679,048**	696,264
Liabilities:					
Creditors: amounts falling due within one year	14	**325,626**	317,958	**185,335**	141,616
Net current assets		**679,740**	658,919	**493,713**	554,648
Total assets less current liabilities		**679,740**	658,919	**494,713**	555,648
Creditors: amounts falling due after one year			-		-
Total net assets		**679,740**	658,919	**494,713**	555,648
Funds:	17a				
Restricted income funds		**223,824**	240,913	**223,824**	240,913
Unrestricted income funds:					
General funds		**455,916**	418,006	**270,889**	314,735
Total unrestricted funds		**455,916**	418,006	**270,889**	314,735
Total funds		**679,740**	658,919	**494,713**	555,648

Approved by the trustees on 24 July 2025 and signed on their behalf by

Michael Morley
Chairman

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Centre for Mental Health

Consolidated statement of cash flows

For the year ended 5 April 2025

	2025	2024
	£	£
Cash flows from operating activities		
Net cash (used in) /provided by operating activities	**(5,015)**	(238,090)
Cash flows from investing activities:		
Dividends, interest and rents from investments	**8,050**	10,376
Change in cash and cash equivalents in the year	**3,035**	(227,714)
Cash and cash equivalents at the beginning of the year	**674,139**	901,853
Cash and cash equivalents at the end of the year	**677,174**	674,139

Reconciliation of net income / (expenditure) to net cash flow from operating activities

	2025	2024
	£	£
Net expenditure for the reporting period (as per the statement of financial activities)	**20,821**	(197,750)
Dividends, interest and rent from investments	**(8,050)**	(10,376)
Decrease in debtors	**(25,454)**	118,348
Increase in creditors	**7,668**	(148,312)
Net cash provided (used in) operating activities	**(5,015)**	(238,090)

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1 Accounting policies

a) Statutory information

Centre for Mental Health is a charitable company limited by guarantee and is incorporated in England & Wales. The registered office address is Technopark, 2A04, 90 London Road, London SE1 6LN.

b) Basis of preparation

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 (FRS 102) - (Charities SORP FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy or note.

These financial statements consolidate the results of the charitable company and its wholly-owned subsidiary Centre for Mental Health Training Limited on a line by line basis. Transactions and balances between the charitable company and its subsidiary have been eliminated from the consolidated financial statements. Balances between the two companies are disclosed in the notes of the charitable company's balance sheet. A separate statement of financial activities, or income and expenditure account, for the charitable company itself is not presented because the charitable company has taken advantage of the exemptions afforded by section 408 of the Companies Act 2006.

c) Public benefit entity

The charitable company meets the definition of a public benefit entity under FRS 102.

d) Going concern

The trustees consider that there are no material uncertainties about the charitable company's ability to continue as a going concern.

In order to arrive at this conclusion, the management and trustees have considered the financial and operating outlook of the charitable company using different levels of uncertainty over significant levels of unsecured income. Based on this assessment they have concluded that even in a worst-case scenario, with appropriate management actions identified should they be needed, the ability of the charitable company to continue operating will not be impacted during the year ahead.

The management and trustees will continue to review cash flow projections on a regular basis during this period and will implement appropriate actions, should they be needed, if cash flow balances were to fall below agreed trigger points.

The trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next reporting period.

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1 Accounting policies (continued)

e) Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the income have been met, it is probable that the income will be received and that the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

For legacies, 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(s) to the charity that a distribution will be made, or when a distribution is received from the estate. 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. Where legacies have been notified to the charity, or the charity is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is a treated as a contingent asset and disclosed if material.

Income received in advance of the provision of a specified service is deferred until the criteria for income recognition are met.

f) Donations of gifts, services and facilities

Donated professional services and donated facilities are recognised as income when the charity has control over the item or received the service, any conditions associated with the donation have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), volunteer time is not recognised so refer to the trustees' annual report for more information about their contribution.

On receipt, donated gifts, professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

g) Interest receivable

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.

h) Fund accounting

Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets these criteria is charged to the fund.

Unrestricted funds are donations and other incoming resources received or generated for the charitable purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular purposes.

i) Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

- Costs of raising funds relate to the costs incurred by the charitable company in inducing third parties to make voluntary contributions to it, as well as the cost of any activities with a fundraising purpose
- Expenditure on charitable activities includes the costs of carrying out research, collating and communicating the findings, being work undertaken to further the purposes of the charity and their associated support costs
- Other expenditure represents those items not falling into any other heading

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

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1 Accounting policies (continued)

j) Allocation of support costs

Resources expended are allocated to the particular activity where the cost relates directly to that activity. However, the cost of overall direction and administration of each activity, comprising the salary and overhead costs of the central function, is apportioned on the following basis which are an estimate, based on staff time, of the amount attributable to each activity.

Where such information about the aims, objectives and projects of the charity is also provided to potential donors, activity costs are apportioned between fundraising and charitable activities on the basis of area of literature occupied by each activity.

☐ Employment Support	12%
☐ Adults Research incl. Prisons and Criminal Justice	22%
☐ Children and Young People	17%
☐ Economics	3%
☐ Influencing policy and practice	32%
☐ Costs of raising funds	13%

k) Operating leases

Rental charges are charged on a straight line basis over the term of the lease.

l) Investments in subsidiary

Investments in the subsidiary are at cost.

m) Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

n) Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

o) Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

p) Pensions

The charity participated in one flexible contributory group personal pension scheme . The charity's staging date for pensions auto-enrolment was 1 April 2016 and any relevant staff not previously participating in a pension scheme were auto-enrolled at that date.

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2 Income from donations and legacies

	Unrestricted £	Restricted £	2025 Total £	Unrestricted £	Restricted £	2024 Total £
Donations	2,603	-	**2,603**	3,254	-	3,254
	2,603	-	**2,603**	3,254	-	3,254

3 Income from charitable activities

	Unrestricted £	Restricted £	2025 Total £	Unrestricted £	Restricted £	2024 Total £
IPS training income	464,869	-	**464,869**	472,279	-	472,279
Sub-total for Employment Support Programme	464,869	-	**464,869**	472,279	-	472,279
Age UK	-		**-**	12,142		12,142
Barnardo's	62,029	-	**62,029**	21,304	-	21,304
Birmingham and Solihull MH FT	40,133	-	**40,133**	9,800	-	9,800
NHS WEST YORKSHIRE ICB	-	-	**-**	37,530	-	37,530
NHS Race & Health Observatory	-	-	**-**	24,845	-	24,845
NHS England	-	-	**-**	76,936	-	76,936
NHS North Central London ICB	6,975		**6,975**	30,500	-	30,500
University of Plymouth	7,892	-	**7,892**	-	-	-
MIND	-	-	**-**	12,112	-	12,112
Kidney Research UK	-	-	**-**	2,725	-	2,725
NHS Frimley ICB	6,000	-	**6,000**	-	-	-
University of Durham	6,180	-	**6,180**	-	-	-
Natural England	6,250	-	**6,250**	6,250	-	6,250
Improvement & Development Agency	-	-	**-**	40,175	-	40,175
SEL Mind	23,233	-	**23,233**	-	-	-
Rethink Mental Illness	-	9,540	**9,540**	-	32,350	32,350
Prison Advice & Care Trust	9,260	-	**9,260**	12,222	-	12,222
Health Education England	-		**-**	(250)	-	(250)
Hestia	-	-	**-**	22,276	-	22,276
Injured Players Foundation	-	-	**-**	20,480	-	20,480
North Staffordshire Combined Healthcare NHS FT	20,000	-	**20,000**	-	-	-
Royal Borough of Greenwich	63,388	-	**63,388**	-		-
The Electoral Commission	5,333	-	**5,333**	15,000	-	15,000
Wellcome Trust	6,090	-	**6,090**	3,000	-	3,000
Esmee Fairbairn Foundation	-	10,000	**10,000**	-	-	-
Other income	500	-	**500**	100	-	100
Sub-total for Adults	263,263	19,540	**282,803**	347,147	32,350	379,497

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3 Income from charitable activities (continued)

CYPMHC- various founders	-	194,397	**194,397**	-	115,680	115,680
Nottingham CityCare Partnership	106,158	-	**106,158**	43,668	-	43,668
Kooth PLC	17,726	-	**17,726**	17,726	-	17,726
Maudlsey Charity	1,333	-	**1,333**	-	-	-
NHS England	101,891	-	**101,891**	111,852	-	111,852
The Diana Award	-	-	**-**	-	16,500	16,500
Medical Research Council	-	17,535	**17,535**	-	17,488	17,488
PPL	-	-	**-**	110	33,333	33,443
PPL & Comic Relief	-	29,439	**29,439**	-	91,938	91,938
Nottingham City Council	1,150	-	**1,150**	-	-	-
Wellcome Trust	-	24,115	**24,115**	-	13,449	13,449
The National Lottery	-	12,500	**12,500**	-	25,000	25,000
Prudence Trust	3,018	-	**3,018**	-	-	-
The Pilgrim Trust	21,087	-	**21,087**	13,615	-	13,615
The Bowland Charitable Trust	25,000	-	**25,000**	-	-	-
UK Youth	-	-	**-**	2,000	-	2,000
West Midlands Combined Authority	23,939	-	**23,939**	-	-	-
Save the Children UK	6,168	-	**6,168**	6,368	-	6,368
States of Mind	-	-	**-**	3,100	-	3,100
Other income - Children and Young People	151	-	**151**	74	-	74
Sub-total for Children and Young People	307,621	277,986	**585,607**	198,513	313,388	511,901

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3 Income from charitable activities (continued)

	Unrestricted	Restricted	**2025 Total**	Unrestricted	Restricted	2024 Total
Guy's and St Thomas' Foundation	-	-	**-**	14,713	-	14,713
Exilarch (via Mind)	-	55,550	**55,550**	-	55,000	55,000
NHS Greater Manchester ICB	-	-	**-**	8,483	-	8,483
Royal College of Nursing	14,758	-	**14,758**	-	-	-
Prudence Trusts	12,359	-	**12,359**	-	-	-
Forces in Mind Trust	10,954	-	**10,954**	10,971	-	10,971
The NHS Confederation	-	-	**-**	1,000	-	1,000
MIND	14,333	-	**14,333**	1,000	-	1,000
NHIR	13,732	-	**13,732**	29,175	10,800	39,975
University of Birmingham	2,289	-	**2,289**	-	-	-
University of Nottingham	2,029	-	**2,029**	-	-	-
University of York	5,090	-	**5,090**	-	-	-
UCL	7,440	-	**7,440**	6,000	-	6,000
South London and Maudlsey NHS	4,900	-	**4,900**	-	-	-
WMCA	-	-	**-**	7,948	-	7,948
Various	29,347	-	**29,347**	14,147	-	14,147
MMHA	-	-	**-**	2,187	-	2,187
Surrey & Borders Partnership	-	-	**-**	6,778	-	6,778
The Pilgim Trust	9,091	-	**9,091**	-	-	-
The Health Foundation	-	26,815	**26,815**	-	30,665	30,665
Sub-total for Influencing policy and practice	126,322	82,365	**208,687**	102,402	96,465	198,867
NHS Confederation	21,455	-	**21,455**	29,350	**-**	29,350
MMHA	-	-	**-**	-	-	-
NHS England	-	-	**-**	-	**-**	-
Other	-	-	**-**	-	**-**	-
Sub-total for Economics	21,455	-	**21,455**	29,350	-	29,350
DWP	-	-	**-**	1,336	-	1,336
NatWest	8,050	-	**8,050**	1,368	-	1,368
Sub-total for Other	8,050	-	**8,050**	2,704	-	2,704
Total income from charitable	1,191,580	379,891	**1,571,471**	1,152,395	442,203	1,594,598

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4a Analysis of expenditure (current year)

		Charitable activities							
	Cost of raising funds	Employment Support Programme	Adults Research incl. PCJ	Children and Young People	Economics	Influencing Policy and Practice	Support and governance costs	**2025 Total**	2024 Total
	£	£	£	£	£	£	£	**£**	£
Staff costs (Note 6)	139,930	133,206	237,812	182,335	36,133	341,349	101,966	**1,172,731**	1,309,237
Direct project costs	1,629	144,549	14,365	103,796	-	9,448	4,235	**278,022**	384,119
Travel and subsistence	193	-	556	1,839	-	931	698	**4,217**	8,703
Printing, postage and stationery	8	-	8	-	-	166	119	**301**	485
IT costs	-	-	1,437	1,500	-	2,174	27,122	**32,233**	36,671
Communication and events	-	-	-	-	-	457	-	**457**	739
Establishment costs	1,358	620	-	765	-	637	47,178	**50,558**	52,011
Legal, finance and other	-	-	-	-	-	-	34	**34**	13
Audit	-	-	-	-	-	-	14,700	**14,700**	14,000
	143,118	278,375	254,178	290,235	36,133	355,162	196,052	**1,553,253**	1,805,978
Support and governance costs	25,621	24,389	43,542	33,385	6,616	62,499	(196,052)	**-**	-
Total expenditure 2025	**168,739**	**302,764**	**297,720**	**323,620**	**42,749**	**417,661**	**-**	**1,553,253**	
Total expenditure 2024	222,828	357,066	323,406	388,154	112,357	402,167	-	1,805,978	

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4b Analysis of expenditure (prior year)

		Charitable activities						
	Cost of raising funds	Employment Support Programme	Adults Research incl. PCJ	Children and Young People	Economics	Influencing Policy and Practice	Support and governance costs	**2024 Total**
	£	£	£	£	£	£	£	**£**
Staff costs (Note 6)	162,856	141,631	230,333	242,601	91,779	298,561	141,476	**1,309,237**
Direct project costs	18,405	184,556	40,443	86,802	643	32,560	20,710	**384,119**
Travel and subsistence	3,409	-	1,405	1,545	-	1,684	660	**8,703**
Printing, postage and stationery	40	-	48	29	-	250	118	**485**
IT costs	1,112	-	930	3,183	20	3,002	28,424	**36,671**
Communication and events	223	-	-	407	-	109	-	**739**
Establishment costs	1,445	147	267	945	-	1,217	47,990	**52,011**
Legal, finance and other	-	-	-	-	-	-	13	**13**
Audit	-	-	-	-	-	-	14,000	**14,000**
	187,490	326,334	273,426	335,512	92,442	337,383	253,391	**1,805,978**
Support and governance costs	35,338	30,732	49,980	52,642	19,915	64,784	(253,391)	**-**
Total expenditure 2024	**222,828**	**357,066**	**323,406**	**388,154**	**112,357**	**402,167**	**-**	**1,805,978**

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5 Net income/(expenditure) for the year

This is stated after charging:

	2025	2024
	£	£
Operating lease rentals:	**23,514**	29,217
Other	**-**	-
Auditors' remuneration (excluding VAT):		
Audit	**14,700**	14,000

6 Analysis of staff costs, trustee remuneration and expenses, and the cost of key management personnel

Staff costs were as follows:

	2025	2024
	£	£
Salaries and wages	**971,140**	1,096,175
Termination payment	**11,292**	-
Social security costs	**103,329**	115,773
Employer's contribution to defined contribution pension schemes	**86,970**	97,289
	1,172,731	1,309,237

The following number of employees received employee benefits (excluding employer pension costs and employer's national insurance) during the year between:

	2025	2024
	No.	No.
£60,000 - £69,999	**2**	2
£70,000 - £79,999	**-**	1
£80,000 - £89,999	**1**	1

The total employee benefits (including pension contributions and employer's national insurance) of the key management personnel were £240,396 (2024: £272,677). The decrease is due to to the fact that Director of Operation's post has been made part time , the key management personnel is now 3 employees (3 in previous year).

The charity trustees were not paid or received any other benefits from employment with the charity in the year (2024: £nil). No charity trustee received payment for professional or other services supplied to the charity (2024: £nil). No trustees' expenses were reimbursed during the financial year (2024: £nil).

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7 Staff numbers

The average number of employees (head count based on number of staff employed) during the year was as follows: 24.7 (2024: 28.8)

	2025	2024
	No.	No.
Raising funds	**2.5**	2.9
Employment Support Programme	**3.0**	3.0
Adults research	**6.4**	7.9
Children and Young People	**3.0**	4.0
Influencing Policy and Practice	**5.2**	5.1
Economics	**0.2**	1.0
Support	**3.4**	3.9
Governance	**1.0**	1.0
	24.7	**28.8**

8 Related party transactions

There are no donations from related parties which are outside the normal course of business and no restricted donations from related parties.

9 Taxation

The charity is exempt from corporation tax as all its income is charitable and is applied for charitable purposes. The charity's trading subsidiary Centre for Mental Health Training Limited gift aids available profits to the parent charity. Its charge to corporation tax in the year was:

	2025	2024
	£	£
UK corporation tax at 19% (2023: 19%)	**-**	-

10 Investments

Investments comprise:

	The group		**The charity**	
	2025	2024	**2025**	2024
	£	£	**£**	£
Unlisted shares in UK registered companies	**-**	-	**1,000**	1,000
	-	-	**1,000**	1,000

The investments comprise the whole of the issued ordinary share capital of Centre for Mental Health Training Ltd and are shown at par.

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11 Subsidiary undertaking

The charitable company owns the whole of the issued ordinary share capital of Centre for Mental Health Training Limited, a company registered in England. The subsidiary is used solely for primary purpose trading activities. All activities have been consolidated on a line by line basis in the statement of financial activities. Available profits are gift aided to the charitable company. A summary of the results of the subsidiary is shown below:

	2025	2024
	£	£
Turnover	**942,595**	906,807
Cost of sales	**(759,547)**	(806,181)
Gross profit	**183,048**	100,626
Administrative expenses	**-**	-
Other operating income	**-**	-
Operating profit / (loss)	**183,048**	100,626
Interest receivable	**1,979**	2,637
Profit / (loss) on ordinary activities	**185,027**	103,263
Donation under gift aid to parent undertaking	**(103,263)**	(90,411)
Profit / (loss) for the financial year	**81,764**	12,852
The aggregate of the assets, liabilities and funds was:		
Assets	**403,440**	358,396
Liabilities	**(217,413)**	(254,133)
Funds	**186,027**	104,263

12 Parent charity

The parent charity's gross income and the results for the year are disclosed as follows:

	2025	2024
	£	£
Gross income	**1,234,031**	1,305,126
Result for the year	**(60,943)**	(210,602)

13 Debtors

	The group		**The charity**	
	2025	2024	**2025**	2024
	£	£	**£**	£
Fees and charges	**272,735**	261,316	**198,436**	115,488
Accrued income	**43,834**	17,852	**9,926**	2,017
Other debtors	**1,384**	4,500	**1,384**	4,500
Prepayments	**10,239**	19,070	**8,777**	18,403
Inter-company debtor	**-**	-	**77,122**	77,791
	328,192	302,738	**295,645**	218,199

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14 Creditors: amounts falling due within one year

	The group		The charity	
	2025	2024	**2025**	2024
	£	£	**£**	£
Trade creditors	**42,546**	17,378	**15,367**	9,053
Taxation and social security	**21,010**	31,807	**21,010**	31,807
VAT creditor	**79,662**	87,813	**69,354**	53,178
Accruals	**22,764**	23,552	**14,978**	10,549
Deferred income	**159,644**	157,408	**64,626**	37,029
	325,626	317,958	**185,335**	141,616

15 Deferred income

Deferred income comprises income invoiced for training and consultancy services in advance.

	The group		The charity	
	2025	2024	**2025**	2024
	£	£	**£**	£
Balance at the beginning of the year	**157,408**	233,148	**37,029**	63,286
Amount released to income in the year	**(135,134)**	(221,393)	**(33,696)**	(63,286)
Amount deferred in the year	**137,370**	145,653	**61,292**	37,029
Balance at the end of the year	**159,644**	157,408	**64,625**	37,029

16a Analysis of group net assets between funds (current year)

	General unrestricted	Designated funds	Restricted funds	**Total funds**
	£	£	£	**£**
Net current assets	455,916	-	223,824	**679,740**
Net assets at the end of the year	**455,916**	**-**	**223,824**	**679,740**

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16b Analysis of group net assets between funds (prior year)

	General unrestricted £	Designated funds £	Restricted funds £	**Total funds £**
Net current assets	418,006	-	240,913	**658,919**
Net assets at the end of the year	**418,006**	**-**	**240,913**	**658,919**

17a Movements in funds (current year)

	At the start of the year £	Income & gains £	Expenditure & losses £	Transfers £	**At the end of the year £**
Restricted funds:					
Adults Research incl. Prisons and Criminal Justice					
Creating a mentally healthy society CAF	39,132	-	(39,132)	-	**-**
Place-based physical activity intervention	28,300	9,540	(37,840)	-	**-**
Black Maternal Mental Health	-	10,000	(7,500)	-	**2,500**
Children and Young People					
ATTUNE project	-	17,535	(17,535)	-	**-**
Changemakers project	4,342	29,439	(33,781)	-	**-**
PPL additional funding for Changemakers	22,760	-	(18,260)	-	**4,500**
Youth Sport and Mental Health Project	-	12,500	(12,500)	-	**-**
Family Footsteps	4,699	24,115	(28,814)	-	**-**
CYPMHC	76,180	194,397	(119,303)	-	**151,274**
Influencing Policy and Practice					
Mental health champions network	10,500	26,815	(27,315)	-	**10,000**
BIG Mental health report (State of Nation)	55,000	55,550	(55,000)	-	**55,550**
Total restricted funds	240,913	379,891	(396,980)	-	**223,824**
Unrestricted funds:					
General funds	418,006	1,194,183	(1,156,273)	-	**455,916**
Total unrestricted funds	418,006	1,194,183	(1,156,273)	-	**455,916**
Total funds	658,919	1,574,074	(1,553,253)	-	**679,740**

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17b Movements in funds (prior year)

	At the start of the year £	Income & gains £	Expenditure & losses £	Transfers £	**At the end of the year £**
Restricted funds:					
Adults Research incl. Prisons and Criminal Justice					
Creating a mentally healthy society CAF	78,182	-	(39,050)	-	**39,132**
Place-based physical activity intervention	28,450	32,350	(32,500)	-	**28,300**
Children and Young People					
ATTUNE project	-	17,488	(17,488)	-	**-**
Changemakers project	692	91,938	(88,288)	-	**4,342**
PPL additional funding for Changemakers	-	33,333	(10,573)	-	**22,760**
Spirit of 2012 Evaluation	6,250	16,500	(22,750)	-	**-**
Youth Sport and Mental Health Project	-	25,000	(25,000)	-	**-**
Family Footsteps	-	13,449	(8,750)	-	**4,699**
CYPMHC	90,489	115,680	(129,989)	-	**76,180**
Influencing Policy and Practice					
COPACT	-	10,800	(10,800)	-	**-**
Mental health champions network	21,860	30,665	(42,025)	-	**10,500**
BIG Mental health report (State of Nation)	-	55,000	-	-	
Total restricted funds	225,923	442,203	(427,213)	-	**240,913**
Unrestricted funds:					
General funds	630,746	1,166,025	(1,378,765)	-	**418,006**
Total unrestricted funds	630,746	1,166,025	(1,378,765)	-	**418,006**
Total funds	856,669	1,608,228	(1,805,978)	-	**658,919**

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17 Purposes of restricted funds

Influencing Policy and Practice

Experience based investigation and co-design approaches to prevent and reduce Mental Health Act use' ***(COPACT)*** is a project funded by the National Institute for Health and Care Research (NIHR) and lead by University of Oxford. This project will run until March 2023 and the Centre will lead the patient and public involvement element of work and will engage with service users and advise on the design and delivery of the project.

BIG Mental Health report (State of Nation) - this 8-year grant award has been provided by the Exilarch Foundation. This new project, led by Mind, has an ambitious vision to provide the first comprehensive picture of the nation's mental health. This project will be a major positive step forward for the nation's mental health, providing a case for action to help influence the creation of a much-needed nationwide mental health strategy and help achieve meaningful and long-lasting impact. Centre for Mental Health will help with the synthesis of evidence. They will also produce the 'almanac' aspect to the project – a trusted, one-stop shop for mental health research.

The ***Mental Health Champions Network*** has received extension funding from the Health Foundation until January 2026. We host the Network and this enables the Centre to reach local government in a unique way with our knowledge about how councils can protect and promote mental health in their communities. We are able to share the findings of our research and that of other organisations via the Network, providing up-to-date information to members on topics including the cost-of-living crisis and its impact on mental health, the role of schools in addressing children's wellbeing, and mental health in later life.

Children and Young People funding

Understanding mechanisms and mental health impacts of Adverse Childhood Experiences to co-design preventive arts and digital interventions' ***(ATTUNE)*** is a project funded by the Medical Research Council (MRC) and lead by University of Oxford. The project will run until August 2025 and the Centre's Associate Director for Children and Young People's Mental Health is a Co-Investigator on the project. The Centre will also be facilitating the Young People Advisory Group alongside Young People Cornwall.

Spirit of 2012 evaluation

The Spirit of 2012 provided additional funding to our partners on the Young Changemakers project, The Diana Award, to evaluate their anti-racist bullying training which aims to build on the Young Changemakers programme in schools. The Centre are conducting this evaluation on behalf of the Diana Award to track the training programme's impact on its beneficiaries.

The ***Youth Sport and Mental Health Project*** is a project led by Active Esses Foundation funded by National Lottery Community Fund, Sport England Local Delivery Pilot, North Essex NHS ICS, and HAF. Centre for Mental Health is the expert external evaluation partner for the Youth Sport and Mental Health Project over the 3 years of the programme. The main focus will be to evaluate the impact of the project on Locally Trusted Organisations (LTOs) relating to their increased skills, knowledge, capacity, and impact on children/young people engaged. Centre for Mental Health will support the measurement of the impact on system partners in mental health.

Family Footsteps is led by Kings College London, funded by the Wellcome Trust and includes Centre for Mental Health and Bethlem Gallery as collaborators. The project is focused in understanding why psychopathology runs in families. Centre for Mental Health are leading on the recruitment of families from underrepresented communities, processing workshop transcripts, dissemination of 'myth busting' materials to parents, and dissemination to clinicians and policy makers.

Young ***Changemakers*** -this project is a collaboration between UK Youth, Centre for Mental Health, and The Diana Award and is funded by The People's Postcode Lottery and Comic Relief. The project will equip young people with the tools to produce youth-led social action projects aimed at tackling mental health inequalities in racialised communities. The Centre are responsible for evaluating the programme as well as providing policy influencing opportunities for the cohorts of young people. This will culminate in annual reports.

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17 Purposes of restricted funds continued

PPL -additional funding for Changemakers **-** Building on the previous funding from People's Post Code Lottery, the partnership (Centre for Mental Health, UK Youth and The Diana Award) secured additional funding to expand the work of the project. Centre for Mental Health will utilise the additional funding to offer internships to young Black people; top up the 'embedding' pot to increase activities in this area to embed our learning; a series of policy round tables and to coproduce a peer research toolkit with young Black people involved in the programme as peer researchers.

Children and Young People Mental Health Coalition *(CYPMHC)* a membership body that brings together leading charities to campaign jointly on the mental health and wellbeing of children and young people. It is hosted by Centre for Mental Health.

Shifting the Dial **project** came to an end in March 2022 with total overspent of £999 , the transfer from unrestricted to restricted funds is balancing off the overspent.

Adults Research incl. Prisons and Criminal Justice

Creating mentally healthy society CAF - Alliance-building to create a mentally health society is funded by the Charities Aid Foundation (CAF) and lead by Rethink Mental Illness. The project aims to build and mobilise a coalition of the willing to facilitate good mental health and resilience in all areas of society, in particular four new alliance areas. The Centre will evaluate this project over two years which will culminate in a final report.

Place-based physical activity interventions evaluation

The Centre has been funded alongside Rethink Mental Illness to evaluate a three-year place-based physical activity intervention targeting people with a severe mental illness who are inactive. We are conducting an impact evaluation and proof of concept for two pilot sites.

The ***Black Maternal Mental Health*** Project has received 3-year funding from the Esmee Fairbairn Trust and is a collaboration led by The Motherhood Group with Centre for Mental Health and the Maternal Mental Health Alliance. The project aims are to elevate black maternal voices and tackle systemic gaps in support. We will compile women's stories and calls to action into a published report focused on driving policy improvements. Over 3 years our collaborate approach combines policy advocacy, awareness building, and community empowerment for change.

18 Operating lease commitments

The charity and group's total future minimum lease payments under non-cancellable operating leases is as follows for each of the following periods:

	Property		Equipment	
	2025	2024	**2025**	2024
	£	£	**£**	£
Less than one year	**17,190**	14,608	**-**	-
One to five years	**-**	-	**-**	-
	17,190	14,608	**-**	-

19 Legal status of the charity

The charity is a company limited by guarantee and has no share capital. The liability of each member in the event of winding up is limited to £1.

CENTRE FOR MENTAL HEALTH

England & Wales - Charity number 1091156

Accounts

Company number: 4373019
Charity number: 1091156

Centre for Mental Health

Report and Financial Statements

5 April 2024

Centre for Mental Health

Reference and administrative details

For the year ended 5 April 2024

Company number	4373019
Charity number	1091156
Registered office and operational address	Room AG.22, 11-13 Cavendish Square London W1 G 0AN
Trustees	Trustees, who are also directors under company law, who served during the year and up to the date of this report were as follows:

Professor Dame Susan Bailey	Chair
Rt. Hon Lord Bradley of Withington	Retired 02.11.2023
Sir Andrew Dillon	Retired 02.11.2023
Mr Michael Morley	Deputy Chair
Mr Andre Tomlin	
Professor Kamaldeep Singh Bhui	
Poppy Jaman	Retired 02.11.2023
Christopher Paul Chapman	Treasurer
Peter Malcolm Orlando Alleyne	Appointed 17.08.2023
Morgan Elisabeth Vine	Appointed 17.08.2023
Victoria Elizabeth Bleazard	Appointed 17.08.2023

Key management personnel and senior leadership team	
Mr Andrew Bell BA MA	Chief Executive
Ms Jan Hutchinson MSc MA DipSW	Director of Operations
Ms Agnieszka Dajczer MAcc	Associate Director of Finance and Resources
Ms Kadra Abdinasir MSc BA Hons	Associate Director of Policy
Mrs Jennifer Banks BA Hons	Associate Director of Business and Partnerships
Dr David Woodhead BA Hons PhD	Associate Director of Research
Ms Alethea Joshi BA Hons	Associate Director of Communications

Bankers	National Westminster Bank 20 Dean Street London W1A 1SX
Solicitors	Russell Cooke 8 Bedford Row London WC1R 4BX
Auditors	Sayer Vincent LLP Chartered Accountants and Registered Auditors 110 Golden Lane, London EC1Y 0TG

Centre for Mental Health

Report of the trustees

For the year ended 5 April 2024

The trustees present their report and the audited financial statements for the year ended 5 April 2024.

Reference and administrative information set out on page 1 forms part of this report. The financial statements comply with current statutory requirements, the memorandum and articles of association and the Statement of Recommended Practice - Accounting and Reporting by Charities (FRS102, 2015).

Objectives and activities

We're Centre for Mental Health.

We take the lead in challenging policies, systems and society, so that everyone can have better mental health.

We do this by building research evidence to create fairer mental health policy.

Poverty, injustice and discrimination put some people at a much higher risk of poor mental health – but less likely to receive the right support.

By developing mental health research, economic analysis and policy ideas, we're equipping services and decision makers to meet people's needs and reduce mental health inequalities.

Our work is driving forward sustainable policy change, to pursue equality, social justice and good mental health for all.

The charity's main activities and who it tries to help are described in detail below. All its charitable activities focus on the advancement of learning in the science and practice of mental health care and are undertaken to further Centre for Mental Health's charitable purposes for the public benefit.

The trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning its future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives that have been set.

Introduction from Professor Dame Sue Bailey and Andy Bell

Centre for Mental Health is determined to create a society where everyone has a better chance of good mental health, and where people with mental health difficulties have a fair chance in life. All of our work is dedicated to building mental health equality and social justice, throughout life and across communities.

Over the last year, we have worked tirelessly to achieve our ambitions. We have generated evidence and insights, produced research and analysis, provided training and learning opportunities, supported debates and networks, and campaigned vigorously for change where it's needed. We've worked closely with partners across the voluntary and community sector, public services and many more to generate evidence and create understanding authentically and to speak the truth to power.

We've worked with more than 70 organisations to set out a cross-government plan for *A Mentally Healthier Nation*. This agenda-setting report demonstrates how concerted action across government could help to improve the public's mental health and boost our essential mental health services.

We know that these are challenging times for people's mental health. The cost-of-living crisis has put enormous pressure on mental health in the UK, and the help available to offset its impacts hasn't been enough for too many people. Rising poverty, destitution, and homelessness are causing people to struggle with their mental health and leaving many at crisis point. It need not be this way. So we're working with partners nationwide to tackle the economic and social determinants of our mental health, and to create mentally healthier places for people to live and work in.

Too many people with mental health difficulties have been let down by a lack of timely, effective and compassionate support. We want to change that. We're supporting mental health services to respond better to communities and groups that have been marginalised for too long. We're training a new generation of employment specialists to help people living with a mental illness when they want to work, to find the right jobs for them. We're working across the UK and internationally to provide insights and intelligence to boost mental health equality. And we're campaigning for better physical health support for people with mental ill health, and better mental health support for people with long-term physical conditions.

Join us in the next year to help us build a mentally healthier future for everyone.

Achievement of our objectives for 2023/24

During the last year, we have been focused on achieving the five high level goals set out in our five year strategy (for 2021-2025). These are:

- To secure a whole government long-term approach to protecting and promoting mental health for all, including housing, social security, health, business, justice, defence and the environment.
- To enable every child and young person to have a mentally healthy start in life through large-scale system change and investment.
- To ensure that people of all ages with mental health difficulties get equitable, effective and timely health and social care services, including physical health, work, and housing.
- To address the unequal social and economic determinants of mental health, including poverty, racism, discrimination and exclusion, fostering action locally and nationally, including from statutory bodies, civil society and businesses.
- To stimulate action to address inequalities in mental health across every dimension: working alongside communities and public services to find and share sustainable and effective solutions. In the next two years, we especially want to address mental health inequalities that have received less attention or been poorly served, including those facing neurodiverse communities, LGBTQ+ communities, racialised communities, refugee and asylum-seeking communities, older people, and people with 'complex' needs.

In the pursuit of these high-level goals, during 2023/24 we:

- Produced A Mentally Healthier Nation, a sector-led document setting out cross-government priorities for mental health to inform future national strategies and policy decisions. More than 60 organisations have already shown their support for this report
- Enabled the expansion of Individual Placement and Support to help people using mental health and drug and alcohol services to gain paid employment. We have provided a range of NHS England and Office of Health Improvement and Disparities funded and optional training courses, tailored consultancy and support to local services, and to provide individual service fidelity reviews which highlight areas for development and improvement.

- Reviewed and fully updated the economic and social costs of mental ill health, which have now grown to £300 billion in England alone annually.
- Delivered our updated Mentally Healthier Councils Network, supporting elected members and staff from local authorities to use their powers and responsibilities to boost mental health for all in their communities. More than 300 people from over 180 councils across the country have joined our network in its first year.
- Established a network of mental health leaders working in Integrated Care Systems to support the local application of evidence-based approaches to reducing mental health inequalities.
- Continued to work towards being an Anti-Racist organisation, including an independent review of the progress we have made since 2020 towards antiracism and the work we need to do to go further.
- Hosted the Children and Young People's Mental Health Coalition, which this year published a major report on school behaviour and children's mental health as well as bringing over 300 organisations together to campaign for better mental health for babies, children and young people nationwide.
- Supported local councils, integrated care boards and combined authorities across the country to bring about equality in mental health locally. For example, this year we worked with system leaders in Bradford to review the mental health support offered to racialised communities locally, and we have used complex system mapping to create public mental health strategies in boroughs across Greater Manchester.
- Campaigned for equal physical health for people with a mental illness through Equally Well UK, through which we provided guidance for outreach programmes to ensure more people are offered an annual health check, and supported research on the extent and experience of food insecurity among people living with mental illness.
- Explored how racism produces inter-generational trauma in families, and the ways parents and children in racialised communities cope with the emotional impacts of racial discrimination and injustice.
- Investigated mental health in later life, working with Age UK to identify the risk and protective factors for mental health among older people, and to look at how mental health services could meet their needs more effectively.
- Completed our evaluation of the Better Mental Health Fund, showing how investing in local councils and community organisations can make a big difference in promoting better mental health in many of the most deprived areas of the country.

Financial Review

Unrestricted income for the year amounted to £1,166,025 (2022/23: £1,060,163) whilst unrestricted expenditure amounted to £1,378,765 (2022/23: £1,210,238). This resulted with a deficit and decrease in unrestricted funds for the year with amount of £212,740 (2022/23 deficit £151,074), as shown on the Statement of Financial Activities.
Activity within restricted funds has resulted in more restricted funds carried forward to the next year of £14,990. This does not represent a call on unrestricted reserves, as the surplus of restricted funds is carried forward within projects that are active over a number of financial years. Details of these restricted activities and funds can be found in note 19a to the accounts.

Total consolidated funds carried forward as of 5 April 2024 are £658,919 (2022/23: £856,669).

Risk Management

The Trustees are responsible for the management of the risks faced by the charity. Detailed considerations of risk are delegated to the Finance and Audit Committee, which is assisted by senior charity staff and external experts. Risks are identified, assessed and controls established throughout the year. A formal review of the charity's risk management processes is undertaken on a regular basis.

The key risks faced by the charity include:

- Business Continuity and Disaster Recovery.
- Financial Stability, the context for the Centre are ever changing and therefore is an ongoing primary focus of risk management.
- Lack of diversity, the Centre has identified Diversity as a key element to a successful organisation therefore is also a significant priority for risk management strategies.
- Reputational damage, all charities must maintain the highest standards of practice, however the Centre understand the implications when things go wrong.
- Going concern consideration, both the senior management team and the trustees have considered the assumptions created for the going concern consideration and the resulting conclusions, using different levels of uncertainty over significant amount of income and have agreed appropriate actions should income not materialise as planned. They have concluded that there are currently no material uncertainties about going concern due to the relatively high percentage of budgeted income that has already been committed for the financial year ending 5 April 2025 and that, should further budgeted income is not secured, robust plans are in place to make any necessary reductions in expenditure to maintain going concern status.

The key controls used by the charity include:

- formal reporting of risk management processes to Trustees' meetings,
- weekly cash flow review,
- regular executive meetings where the risk register is discussed,
- detailed terms of reference for all sub-committees,
- comprehensive strategic planning, budgeting and management accounting,
- established organisational and governance structure and lines of reporting,
- formal written policies,
- hierarchical authorisation and approval levels,
- making sure that our IT systems are safe and adhering to Cyber Safe certification requirements.

The Centre has a business continuity action plan to ensure we could continue to carry out our work and meet our obligations during the pandemic. The action plan enables all staff to work from home (with necessary equipment and adaptations) and that all our business processes can continue while staff, trustees and other stakeholders are all working remotely.
Through the risk management processes established by the charity, the Trustees are satisfied that the major risks identified have been adequately managed where necessary. It is recognised that systems can only provide reasonable but not absolute assurance that major risks have been adequately managed.

Reserves policy and going concern

Reserves are required to:

- smooth out surpluses and deficits year on year,
- replace capital expenditure or restructure the organisation,
- deal with the effects of any risks that materialise,
- allow the organisation to take on opportunities that may arise in a timely manner,
- deal with the unexpected.

Trustees are required to set an appropriate target level of reserves for the Charity and in doing so take into account the following factors:

- current and future financial needs,
- market and economic environment,
- cost of an orderly winddown; and
- appropriate levels of cash reserves.

Accordingly, the Trustees have decided to set a target range for free reserves of between £500,000 and £700,000 to be held as at 5 April 2024 (2023: £600,000).

Group free reserves held at 5 April 2024 amounted to £418,006, being group net assets of £658,919, less restricted funds of £240,913.

The Trustees consider that the level of reserves held is within an appropriate margin of the minimum level as set, given the need to be able to respond to fundraising opportunities, and that the going concern basis remains appropriate for the preparation of the group's accounts. This policy is reviewed as necessary by Trustees and at least once a year as part of the annual reporting process. Unfortunately, the reserves have fallen below the minimum reserves level this financial year due to the impact of the cost-of-living crisis on our costs, and the timing of our project work. We plan to build up the reserves back to their agreed minimum level during the next financial years.

Trading subsidiary

Centre for Mental Health Training Ltd is a wholly owned subsidiary of Centre for Mental Health that carries out programme-related trading activity on behalf of the parent charity. During 2023/24 sales income was derived from several sources including IPS training courses and consultancy services. The subsidiary made a profit of £103,263 (2022/23: profit £90,411). The profit for 2023/24 has been donated via Gift Aid to the charitable parent in amount of £103,263. Further details are given in Note 11 to the financial statements.

Fundraising

Centre for Mental Health welcomes voluntary donations but does not engage in direct public fundraising and does not use professional fundraisers or commercial participators. Centre for Mental Health nevertheless observes and complies with the relevant fundraising regulations and codes. During the year there was no non-

compliance of these regulations and codes and Centre for Mental Health received no complaints relating to its fundraising practice.

Most of our income derives from contracts and grants. We are nonetheless registered with the Fundraising Regulator (as prominently displayed on our website) and follow their guidance when evaluating potential approaches to grant giving bodies.

Objectives and activities planned for 2024/25

In 2024/25 we will continue to pursue the five high level goals for the charity in this final year of our five year strategy.

- To secure a whole government long-term approach to protecting and promoting mental health for all, including housing, social security, health, business, justice, defence and the environment.
- To enable every child and young person to have a mentally healthy start in life through large-scale system change and investment.
- To ensure that people of all ages with mental health difficulties get equitable, effective and timely health and social care services, including physical health, work, and housing.
- To address the unequal social and economic determinants of mental health, including poverty, racism, discrimination and exclusion, fostering action locally and nationally, including from statutory bodies, civil society and businesses.
- To stimulate action to address inequalities in mental health across every dimension: working alongside communities and public services to find and share sustainable and effective solutions. In the next two years, we especially want to address mental health inequalities that have received less attention or been poorly served, including those facing neurodiverse communities, LGBTQ+ communities, racialised communities, refugee and asylum-seeking communities, older people, and people with 'complex' needs.

During the year, we will develop a brand new strategy for 2025 and beyond.

To enable us to achieve these objectives, over the next year we will take steps including:

- We will set out more details about how the Government can help build a mentally healthier nation, including through the adoption of a mental health policy test for all of its policies.
- We will support local councils and integrated care systems to create mentally healthier places through our growing networks and our direct strategic support offer.
- We will train more employment specialists and others to expand and improve the provision of Individual Placement and Support services across the UK.
- We will explore how climate justice and mental health relate to each other, and what can be done locally, nationally and globally to build a climate resilient and mentally healthier future.
- We will support the Children and Young People's Mental Health Coalition to provide a strong and united voice for change.
- We will work alongside Young Changemakers from Black communities to bring new voices and ideas to mental health policymaking.
- We will champion physical health equality among people living with mental illness through our Equally Well UK collaborative.

Structure, governance & management

The organisation is a charitable company limited by guarantee, incorporated on 13 February 2002 and registered as a charity on 1 March 1985.

The company was established under a memorandum of association which established the objects and powers of the charitable company and is governed under its articles of association.

All trustees give their time voluntarily and receive no benefits from the charity. There were no trustee expenses reclaimed from the charity.

Centre for Mental Health is run by a Board of Trustees who are the Directors and Members of the charitable company; their details are set out above. Trustees concern themselves with matters of a strategic nature, deciding broad policy and ensuring good governance and compliance. Trustees meet regularly, both in plenary or in Committee groups to oversee the affairs of the Centre. Trustees are recruited for their expertise and experience in mental health, in charity governance, in fundraising and in financial management as well as their commitment to and enthusiasm for the Centre's aims and objectives.

The Nominations Committee oversees the recruitment, induction, and training of all trustees. All trustees participate in external and internal training opportunities covering developments in mental health as well as charity governance and trustee responsibilities.

The Finance and Audit Committee has a key role in establishing annual budgets and monitoring performance against the budget on monthly basis during the year, overseeing the organisation's financial control and systems, reviewing, and recommending to the board approval of the annual financial statements, including the selection of appropriate accounting policies and practices, recommending the appointment of the external auditor, and the appropriate fee. The Finance and Audit Committee play a very important role in detecting and preventing fraud.

The Remuneration Committee decides on the organisation's remuneration policy and are responsible for setting the renumeration package for chief executive and all employees. The Committee reviews the salary levels each year making sure the pay remains fair and competitive to its employees and affordable to the organisation considering the risk and the long term strategic goals.

Trustees delegate day to day management to the Executive team lead by the Chief Executive. Trustees are advised of the terms of reference for executive committees and processes for operational management.

The charity carried out a governance review in October 2021 using the Charity Governance Code as the basis for reviewing our current arrangements and identifying any necessary changes.
Following our review, and as part of our antiracism action plan, we have established a new Equalities and Human Resources Committee. This new committee is responsible for ensuring we adopt best practice relating to equalities and human resources issues, and to scrutinise the ways we work on behalf of the board.

Appointment of trustees

Trustees are appointed by the board's Nominations Committee. Early in 2023, we undertook an open recruitment exercise through which we recruited three new trustees, who joined the board in August 2023.

During 2024, we will be carrying out a Trustee Skills Audit and developing a succession plan for the board to ensure that it continues to provide the vital governance and oversight of the charity, and that it reflects the diversity of the people we seek to serve.

Statement of responsibilities of the trustees

The trustees, who are also directors of Centre for Mental Health for the purposes of company law, are responsible for preparing the report of the trustees' annual report including the strategic report and the 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 group of the incoming resources and application of resources, including the income and expenditure, of 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 the Charities SORP,
- make judgements and estimates that are reasonable and prudent,
- state whether applicable UK Accounting Standards and statements of recommended practice 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 charity will continue in operation.

The trustees are responsible for keeping adequate 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 group and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the trustees are aware:

- there is no relevant audit information of which the charitable company's auditor is unaware; and
- the trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditors are aware of that information.

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.

Members of the charity guarantee to contribute an amount not exceeding £1 to the assets of the charity in the event of winding up. The total number of such guarantees at 5 April 2024 was 11 (2023 - 8). The trustees are members of the charity, but this entitles them only to voting rights. The trustees have no beneficial interest in the group or the charity.

Auditors

Sayer Vincent LLP were re-appointed as the charitable company's auditors during the year and have expressed their willingness to continue in that capacity.

The report of the trustees has been prepared in accordance with the special provisions applicable to companies subject to the small regime.

The trustees' annual report which has been approved by the trustees on 25 July 2024 and signed on their behalf by

Professor Dame Susan Bailey
Chairman

Independent auditor's report

To the members of

Centre for Mental Health

Opinion

We have audited the financial statements of Centre for Mental Health (the 'parent charitable company') and its subsidiary (the 'group') for the year ended 5 April 2024 which comprise the consolidated statement of financial activities, the group and parent charitable company balance sheets, the consolidated statement of cash flows and the notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including FRS 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 group's and of the parent charitable company's affairs as at 5 April 2024 and of the group's incoming resources and application of resources, including its income and expenditure, for the year then ended
- Have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice
- Have been prepared in accordance with the requirements of the Companies Act 2006 and the Charities Act 2011

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 group financial statements section of our report. We are independent of the group and parent charitable company 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 Centre for Mental Health'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.

Independent auditor's report

To the members of

Centre for Mental Health

Other Information

The other information comprises the information included in the trustees' annual report, other than the group financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. Our opinion on the group 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. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the group financial statements or our knowledge obtained in the course of 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 this gives rise to a material misstatement in the group financial statements themselves. 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' annual report for the financial year for which the financial statements are prepared is consistent with the financial statements
- The trustees' annual 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 group and the parent charitable company and their environment obtained in the course of the audit, we have not identified material misstatements in the trustees' annual report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 and Charities Act 2011 requires us to report to you if, in our opinion:

- Adequate accounting records have not been kept by the parent charitable company, or returns adequate for our audit have not been received from branches not visited by us; or
- The parent charitable company 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; or
- The directors were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the trustees' annual report and from the requirement to prepare a strategic report.

Responsibilities of trustees

As explained more fully in the statement of trustees' responsibilities set out in the trustees' annual report, the trustees (who are also the directors of the parent 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 group's and the parent charitable company'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 group or the parent charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

We have been appointed auditor under the Companies Act 2006 and section 151 of the Charites Act 2011 and report in accordance with those Acts.

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 are set out below.

Capability of the audit in detecting irregularities

In identifying and assessing risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, our procedures included the following:

- We enquired of management and the Finance ana Audit Committee, which included obtaining and reviewing supporting documentation, concerning the group's policies and procedures relating to:
- Identifying, evaluating, and complying with laws and regulations and whether they were aware of any instances of non-compliance;
- Detecting and responding to the risks of fraud and whether they have knowledge of any actual, suspected, or alleged fraud;
- The internal controls established to mitigate risks related to fraud or non-compliance with laws and regulations.
- We inspected the minutes of meetings of those charged with governance.
- We obtained an understanding of the legal and regulatory framework that the group operates in, focusing on those laws and regulations that had a material effect on the financial statements or that had a fundamental effect on the operations of the group from our professional and sector experience.
- We communicated applicable laws and regulations throughout the audit team and remained alert to any indications of non-compliance throughout the audit.
- We reviewed any reports made to regulators.

- We reviewed the financial statement disclosures and tested these to supporting documentation to assess compliance with applicable laws and regulations.
- We performed analytical procedures to identify any unusual or unexpected relationships that may indicate risks of material misstatement due to fraud.
- In addressing the risk of fraud through management override of controls, we tested the appropriateness of journal entries and other adjustments, assessed whether the judgements made in making accounting estimates are indicative of a potential bias and tested significant transactions that are unusual or those outside the normal course of business.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

A further description of our responsibilities is available 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 section 144 of the Charities Act 2011 and regulations made under section 154 of that Act. 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.

Joanna Pittman (Senior statutory auditor)
Date:22 August 2024
for and on behalf of Sayer Vincent LLP, Statutory Auditor
110 Golden Lane, LONDON, EC1Y 0TG

Sayer Vincent LLP is eligible to act as auditor in terms of section 1212 of the Companies Act 2006

Centre for Mental Health

Consolidated statement of financial activities (incorporating an income and expenditure account)

For the year ended 5 April 2024

	Note	Unrestricted £	Restricted £	**2024 Total £**	Unrestricted £	Restricted £	2023 Total £
Income from:							
Donations and legacies	2	3,254	-	**3,254**	3,462	-	3,462
Charitable activities							
Employment Support Programme	3	472,279	-	**472,279**	239,748	-	239,748
Adults Research	3	347,147	32,350	**379,497**	293,701	118,607	412,308
Children and Young People	3	198,513	313,388	**511,901**	270,511	250,944	521,455
Economics	3	29,350	-	**29,350**	26,798	-	26,798
Influencing Policy and Practice	3	102,402	96,465	**198,867**	222,449	32,665	255,114
Other Programmes	3	2,704	-	**2,704**	-	-	-
Investments - Interest receivable		10,376	-	**10,376**	3,494	-	3,494
Total income		1,166,025	442,203	**1,608,228**	1,060,163	402,216	1,462,379
Expenditure on:							
Raising funds	4	222,828	-	**222,828**	195,594	-	195,594
Charitable activities							
Employment Support Programme	4	357,066	-	**357,066**	237,416	-	237,416
Adults Research	4	251,856	71,550	**323,406**	144,306	141,588	285,894
Children and Young People	4	85,316	302,838	**388,154**	175,368	235,746	411,114
Economics	4	112,357	-	**112,357**	121,664	-	121,664
Influencing Policy and Practice	4	349,342	52,825	**402,167**	335,890	15,342	351,232
Total expenditure		1,378,765	427,213	**1,805,978**	1,210,238	392,676	1,602,914
Net income / (expenditure) before transfers between funds	5	(212,740)	14,990	**(197,750)**	(150,075)	9,540	(140,535)
Transfers between funds		-	-	**-**	(999)	999	**-**
Net movement in funds		(212,740)	14,990	**(197,750)**	(151,074)	10,539	(140,535)
Reconciliation of funds:							
Total funds brought forward		630,746	225,923	**856,669**	781,820	215,384	997,204
Total funds carried forward		418,006	240,913	**658,919**	630,746	225,923	856,669

All of the above results are derived from continuing activities. There were no other recognised gains or losses other than those stated above. Movements in funds are disclosed in Note 19 to the financial statements.

Centre for Mental Health

Balance sheets

Company no. 4373019

As at 5 April 2024

	Note	The group		The charity	
		2024	2023	**2024**	2023
		£	**£**	**£**	£
Fixed assets:					
Investments	10	**-**	-	**1,000**	1,000
		-	**-**	**1,000**	1,000
Current assets:					
Debtors	13	**302,738**	421,086	**218,199**	295,265
Cash at bank and in hand		**674,139**	901,853	**478,065**	686,513
		976,877	1,322,939	**696,264**	981,778
Liabilities:					
Creditors: amounts falling due within one year	14	**317,958**	466,270	**141,616**	216,529
Net current assets		**658,919**	856,669	**554,648**	765,249
Total assets less current liabilities		**658,919**	856,669	**555,648**	766,249
Creditors: amounts falling due after one year			-		-
Total net assets		**658,919**	856,669	**555,648**	766,249
Funds:	17a				
Restricted income funds		**240,913**	225,923	**240,913**	225,923
Unrestricted income funds:					
General funds		**418,006**	630,746	**314,735**	540,326
Total unrestricted funds		**418,006**	630,746	**314,735**	540,326
Total funds		**658,919**	856,669	**555,648**	766,249

Approved by the trustees on 25 July 2024 and signed on their behalf by

Professor Dame Susan Bailey
Chairman

Centre for Mental Health

Consolidated statement of cash flows

For the year ended 5 April 2024

	2024 £	2023 £
Cash flows from operating activities		
Net cash (used in) /provided by operating activities	**(238,090)**	(50,284)
Cash flows from investing activities:		
Dividends, interest and rents from investments	**10,376**	3,494
Change in cash and cash equivalents in the year	**(227,714)**	(46,789)
Cash and cash equivalents at the beginning of the year	**901,853**	948,642
Cash and cash equivalents at the end of the year	**674,139**	901,853

Reconciliation of net income / (expenditure) to net cash flow from operating activities

	2024 £	2023 £
Net expenditure for the reporting period (as per the statement of financial activities)	**(197,750)**	(140,535)
Dividends, interest and rent from investments	**(10,376)**	(3,494)
Decrease in debtors	**118,348**	(17,517)
Increase in creditors	**(148,312)**	111,263
Net cash provided (used in) operating activities	**(238,090)**	(50,284)

1 Accounting policies

a) Statutory information

Centre for Mental Health is a charitable company limited by guarantee and is incorporated in England & Wales. The registered office address is Room AG.22, 11-13 Cavendish Square, London, England, W1G 0AN.

b) Basis of preparation

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 (FRS 102) - (Charities SORP FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy or note.

These financial statements consolidate the results of the charitable company and its wholly-owned subsidiary Centre for Mental Health Training Limited on a line by line basis. Transactions and balances between the charitable company and its subsidiary have been eliminated from the consolidated financial statements. Balances between the two companies are disclosed in the notes of the charitable company's balance sheet. A separate statement of financial activities, or income and expenditure account, for the charitable company itself is not presented because the charitable company has taken advantage of the exemptions afforded by section 408 of the Companies Act 2006.

c) Public benefit entity

The charitable company meets the definition of a public benefit entity under FRS 102.

d) Going concern

The trustees consider that there are no material uncertainties about the charitable company's ability to continue as a going concern.

In order to arrive at this conclusion, the management and trustees have considered the financial and operating outlook of the charitable company using different levels of uncertainty over significant levels of unsecured income. Based on this assessment they have concluded that even in a worst-case scenario, with appropriate management actions identified should they be needed, the ability of the charitable company to continue operating will not be impacted during the year ahead.

The management and trustees will continue to review cash flow projections on a regular basis during this period and will implement appropriate actions, should they be needed, if cash flow balances were to fall below agreed trigger points.

The trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next reporting period.

1 Accounting policies (continued)

e) Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the income have been met, it is probable that the income will be received and that the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

For legacies, 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(s) to the charity that a distribution will be made, or when a distribution is received from the estate. 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. Where legacies have been notified to the charity, or the charity is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is a treated as a contingent asset and disclosed if material.

Income received in advance of the provision of a specified service is deferred until the criteria for income recognition are met.

f) Donations of gifts, services and facilities

Donated professional services and donated facilities are recognised as income when the charity has control over the item or received the service, any conditions associated with the donation have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), volunteer time is not recognised so refer to the trustees' annual report for more information about their contribution.

On receipt, donated gifts, professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

g) Interest receivable

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.

h) Fund accounting

Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets these criteria is charged to the fund.

Unrestricted funds are donations and other incoming resources received or generated for the charitable purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular purposes.

i) Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

- Costs of raising funds relate to the costs incurred by the charitable company in inducing third parties to make voluntary contributions to it, as well as the cost of any activities with a fundraising purpose
- Expenditure on charitable activities includes the costs of carrying out research, collating and communicating the findings, being work undertaken to further the purposes of the charity and their associated support costs
- Other expenditure represents those items not falling into any other heading

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

1 Accounting policies (continued)

j) Allocation of support costs

Resources expended are allocated to the particular activity where the cost relates directly to that activity. However, the cost of overall direction and administration of each activity, comprising the salary and overhead costs of the central function, is apportioned on the following basis which are an estimate, based on staff time, of the amount attributable to each activity.

Where such information about the aims, objectives and projects of the charity is also provided to potential donors, activity costs are apportioned between fundraising and charitable activities on the basis of area of literature occupied by each activity.

□ Employment Support	12%
□ Adults Research incl. Prisons and Criminal Justice	20%
□ Children and Young People	21%
□ Economics	8%
□ Influencing policy and practice	26%
□ Costs of raising funds	13%

k) Operating leases

Rental charges are charged on a straight line basis over the term of the lease.

l) Investments in subsidiary

Investments in the subsidiary are at cost.

m) Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

n) Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

o) Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

p) Pensions

The charity participated in one flexible contributory group personal pension scheme . The charity's staging date for pensions auto-enrolment was 1 April 2016 and any relevant staff not previously participating in a pension scheme were auto-enrolled at that date.

2 Income from donations and legacies

	Unrestricted £	Restricted £	**2024 Total £**	Unrestricted £	Restricted £	**2023** Total £
Donations	3,254	-	**3,254**	3,462	-	3,462
	3,254	-	3,254	3,462	-	3,462

3 Income from charitable activities

	Unrestricted £	Restricted £	**2024 Total £**	Unrestricted £	Restricted £	**2023** Total £
IPS training income	472,279	-	**472,279**	239,748	-	239,748
Sub-total for Employment Support Programme	472,279	-	**472,279**	239,748	-	239,748
Age UK	12,142		**12,142**	1,111	-	1,111
Bernardo's	21,304	-	**21,304**	-	-	-
Birmingham and Solihull MH FT	9,800		**9,800**			
NHS WEST YORKSHIRE ICB	37,530	-	**37,530**	41,528	-	41,528
NHS Race & Health Observatory	24,845	-	**24,845**	49,690	-	49,690
NHS England	76,936	-	**76,936**	17,414	-	17,414
NHS North Central London ICB	30,500		**30,500**			
NHS Trafford CCG	-	-	**-**	30,000	-	30,000
MIND	12,112	-	**12,112**	32,411	-	32,411
Kidney Research UK	2,725		**2,725**	22,725	-	22,725
The NHS Confederation	-	-	**-**	36,855	-	36,855
Charities Aid Foundation (CAF)		-	**-**		78,182	78,182
DHSC	-	-	**-**	9,300	-	9,300
Natural England	6,250	-	**6,250**	-	-	-
Improvement & Development	40,175	-	**40,175**	-	-	-
NHS Cambridgeshire and Peterborough CCG	-	-	**-**	6,900	-	6,900
Rethink Mental Illness	-	32,350	**32,350**	-	40,425	40,425
Prison Advice & Care Trust	12,222		**12,222**	12,222	-	12,222
Health Education England	(250)		**(250)**	11,500	-	11,500
Hestia	22,276		**22,276**	10,475	-	10,475
Injured Players Foundation	20,480		**20,480**	4,095	-	4,095
NIHR	-		**-**	3,375	-	3,375
Richmond Fellowship	-		**-**	4,100	-	4,100
The Electoral Commisson	15,000		**15,000**			
Wellcome Trust	3,000		**3,000**			
Other income	100	-	**100**	-	-	-
Sub-total for Adults	347,147	32,350	**379,497**	293,701	118,607	412,308

3 Income from charitable activities (continued)

CYPMHC- various founders	-	115,680	**115,680**	-	120,320	120,320
BBC Children in Needs	-	-	**-**	36,728	-	36,728
Anne Lonfiled Commission on	-	-	**-**	5,200	-	5,200
Nottingham CityCare Partnership	43,668	-	**43,668**	-	-	-
Kooth PLC	17,726	-	**17,726**	-	-	-
NHS WEST YORKSHIRE ICB	-	-	**-**	18,825	-	18,825
Anna Freud	-	-	**-**	8,600	-	8,600
Kings College London	-	-	**-**	9,050	-	9,050
National Youth Theatre	-	-	**-**	9,550	-	9,550
NHS England	111,852	-	**111,852**	123,723	-	123,723
The Diana Award	-	16,500	**16,500**	-	12,500	12,500
Medical Research Council	-	17,488	**17,488**	-	17,254	17,254
PPL	110	33,333	**33,443**	-	-	-
PPL & Comic Relief	-	91,938	**91,938**	-	100,870	100,870
MIND	-	-	**-**	8,280	-	8,280
Wellcome Trust	-	13,449	**13,449**	-	-	-
The National Lottery	-	25,000	**25,000**	-	-	-
Student Minds	-	-	**-**	750	-	750
The Pilgrim Trust	13,615	-	**13,615**	12,075	-	12,075
Podium Analitics	-	-	**-**	24,050	-	24,050
UK Youth	2,000	-	**2,000**	3,344	-	3,344
University of Oxford	-	-	**-**	2,250	-	2,250
Save the Children UK	6,368		**6,368**			
States of Mind	3,100	-	**3,100**	6,200	-	6,200
Other income - Children and Young People	74	-	**74**	1,886	-	1,886
Sub-total for Children and Young People	198,513	313,388	**511,901**	270,511	250,944	521,455

3 Income from charitable activities (continued)

	Unrestricted	Restricted	**2024 Total**	Unrestricted	Restricted	2023 Total
Guy's and St Thomas' Foundation	14,713	-	**14,713**	17,213	-	17,213
Exilarch (via Mind)	-	55,000	**55,000**	-	-	-
NHS Greater Manchester ICB	8,483	-	**8,483**	-	-	-
NHS England	-	-	**-**	7,350	-	7,350
Manchester Metropolitan University	-	-	**-**	4,950	-	4,950
Forces in Mind Trust	10,971	-	**10,971**	11,018	-	11,018
The NHS Confederation	1,000	-	**1,000**	14,836	-	14,836
MIND	1,000	-	**1,000**	1,255	-	1,255
NHIR	29,175	10,800	**39,975**	32,093	-	32,093
IIMHL	-	-	**-**	1,113	-	1,113
UCL	6,000	-	**6,000**	4,500	-	4,500
Health Education England	-	-	**-**	12,500	-	12,500
WMCA	7,948	-	**7,948**	30,247	-	30,247
Various	14,147	-	**14,147**	23,936	2,000	25,936
MMHA	2,187	-	**2,187**	3,438	-	3,438
Surrey & Borders Partnership	6,778	-	**6,778**	18,850	-	18,850
BACP	-	-	**-**	39,150	-	39,150
The Health Foundation	-	30,665	**30,665**	-	30,665	30,665
Sub-total for Influencing policy and practice	102,402	96,465	**198,867**	222,449	32,665	255,114
NHS Confederation	29,350	-	**29,350**	15,968	**-**	15,968
MMHA	-	-	**-**	750	-	750
NHS England	-	-	**-**	10,000	**-**	10,000
Other	-	-	**-**	80	**-**	80
Sub-total for Economics	29,350	-	**29,350**	26,798	-	26,798
DWP	1,336		**1,336**	-	-	-
NatWest	1,368	-	**1,368**	-	-	-
Sub-total for Other	2,704	-	**2,704**	-	-	-
Total income from charitable	1,152,395	442,203	**1,594,598**	1,053,207	402,216	1,455,423

4a Analysis of expenditure (current year)

		Charitable activities							
	Cost of raising funds £	Employment Support Programme £	Adults Research incl. PCJ £	Children and Young People £	Economics £	Influencing Policy and Practice £	Support and governance costs £	**2024 Total £**	2023 Total £
Staff costs (Note 6)	162,856	141,631	230,333	242,601	91,779	298,561	141,476	**1,309,237**	1,175,666
Direct project costs	18,405	184,556	40,443	86,802	643	32,560	20,710	**384,119**	273,573
Travel and subsistence	3,409	-	1,405	1,545	-	1,684	660	**8,703**	16,753
Printing, postage and stationery	40	-	48	29	-	250	118	**485**	1,511
IT costs	1,112	-	930	3,183	20	3,002	28,424	**36,671**	37,947
Communication and events	223	-	-	407	-	109	-	**739**	-
Establishment costs	1,445	147	267	945	-	1,217	47,990	**52,011**	84,341
Legal, finance and other	-	-	-	-	-	-	13	**13**	13
Audit	-	-	-	-	-	-	14,000	**14,000**	13,110
	187,490	326,334	273,426	335,512	92,442	337,383	253,391	**1,805,978**	1,602,914
Support and governance costs	35,338	30,732	49,980	52,642	19,915	64,784	(253,391)	**-**	-
Total expenditure 2024	**222,828**	**357,066**	**323,406**	**388,154**	**112,357**	**402,167**	**-**	**1,805,978**	
Total expenditure 2023	195,594	237,416	285,894	411,114	121,664	351,232	-	1,602,914	

4b Analysis of expenditure (prior year)

		Charitable activities						
	Cost of raising funds £	Employment Support Programme £	Adults Research incl. PCJ £	Children and Young People £	Economics £	Influencing Policy and Practice £	Support and governance costs £	**2023 Total £**
Staff costs (Note 6)	145,771	138,121	179,675	242,561	87,053	242,312	140,173	**1,175,666**
Direct project costs	3,631	57,774	55,201	95,077	8,163	33,337	20,390	**273,573**
Travel and subsistence	632	2,307	56	1,659	292	2,490	9,317	**16,753**
Printing, postage and stationery	-	-	-	-	-	-	1,511	**1,511**
IT costs	1,144	-	-	2,486	1,383	3,533	29,401	**37,947**
Communication and events	-	-	-	-	-	-	-	**-**
Establishment costs	3,168	131	121	695	140	995	79,091	**84,341**
Legal, finance and other	-	-	-	-	-	-	13	**13**
Audit	-	-	-	-	-	-	13,110	**13,110**
	154,346	198,333	235,053	342,478	97,031	282,667	293,006	**1,602,914**
Support and governance costs	41,248	39,083	50,841	68,636	24,633	68,565	(293,006)	**-**
Total expenditure 2023	**195,594**	**237,416**	**285,894**	**411,114**	**121,664**	**351,232**	**-**	**1,602,914**

5 Net income/(expenditure) for the year

This is stated after charging:

	2024	2023
	£	£
Operating lease rentals:	**29,217**	26,492
Other	**-**	-
Auditors' remuneration (excluding VAT):		
Audit	**14,000**	13,110

6 Analysis of staff costs, trustee remuneration and expenses, and the cost of key management personnel

Staff costs were as follows:

	2024	2023
	£	£
Salaries and wages	**1,096,175**	978,863
Social security costs	**115,773**	108,464
Employer's contribution to defined contribution pension schemes	**97,289**	88,339
	1,309,237	**1,175,666**

The following number of employees received employee benefits (excluding employer pension costs and employer's national insurance) during the year between:

	2024	2023
	No.	No.
£60,000 - £69,999	**2**	1
£70,000 - £79,999	**1**	1
£80,000 - £89,999	**1**	1

The total employee benefits (including pension contributions and employer's national insurance) of the key management personnel were £272,677 (2023: £338,112). The decrease is due to to the fact that Deputy CEO's post hasn't been filled , after CEO change, effectively the key managment personnel is now 3 employees (4 in previous year).

The charity trustees were not paid or received any other benefits from employment with the charity in the year (2023: £nil). No charity trustee received payment for professional or other services supplied to the charity (2023: £nil). No trustees' expenses were reimbursed during the financial year (2023: £nil).

7 Staff numbers

The average number of employees (head count based on number of staff employed) during the year was as follows: 28.8 (2023: 27.0)

	2024	2023
	No.	No.
Raising funds	**2.9**	2.4
Employment Support Programme	**3.0**	3.0
Adults research	**7.9**	4.1
Children and Young People	**4.0**	5.0
Influencing Policy and Practice	**5.1**	6.3
Economics	**1.0**	1.5
Support	**3.9**	3.9
Governance	**1.0**	0.8
	28.8	**27.0**

8 Related party transactions

There are no donations from related parties which are outside the normal course of business and no restricted donations from related parties.

9 Taxation

The charity is exempt from corporation tax as all its income is charitable and is applied for charitable purposes. The charity's trading subsidiary Centre for Mental Health Training Limited gift aids available profits to the parent charity. Its charge to corporation tax in the year was:

	2024	2023
	£	£
UK corporation tax at 19% (2023: 19%)	**-**	-

10 Investments

Investments comprise:

	The group		**The charity**	
	2024	2023	**2024**	2023
	£	£	**£**	£
Unlisted shares in UK registered companies	**-**	-	**1,000**	1,000
	-	-	**1,000**	1,000

The investments comprise the whole of the issued ordinary share capital of Centre for Mental Health Training Ltd and are shown at par.

11 Subsidiary undertaking

The charitable company owns the whole of the issued ordinary share capital of Centre for Mental Health Training Limited, a company registered in England. The subsidiary is used solely for primary purpose trading activities. All activities have been consolidated on a line by line basis in the statement of financial activities. Available profits are gift aided to the charitable company. A summary of the results of the subsidiary is shown below:

	2024	2023
	£	£
Turnover	**906,807**	642,628
Cost of sales	**(806,181)**	(552,967)
Gross profit	**100,626**	89,661
Administrative expenses	**-**	-
Other operating income	**-**	-
Operating profit / (loss)	**100,626**	89,661
Interest receivable	**2,637**	750
Profit / (loss) on ordinary activities	**103,263**	90,411
Donation under gift aid to parent undertaking	**(90,411)**	(111,225)
Profit / (loss) for the financial year	**12,852**	(20,814)
The aggregate of the assets, liabilities and funds was:		
Assets	**358,396**	517,949
Liabilities	**(254,133)**	(426,538)
Funds	**104,263**	91,411

12 Parent charity

The parent charity's gross income and the results for the year are disclosed as follows:

	2024	2023
	£	£
Gross income	**1,305,126**	1,320,940
Result for the year	**(210,602)**	(230,946)

13 Debtors

	The group		**The charity**	
	2024	2023	**2024**	2023
	£	£	**£**	£
Fees and charges	**261,316**	302,131	**115,488**	51,937
Other debtors	**22,352**	100,501	**6,517**	49,632
Prepayments	**19,070**	18,454	**18,403**	16,899
Inter-company debtor	**-**	-	**77,791**	176,797
	302,738	421,086	**218,199**	295,265

14 Creditors: amounts falling due within one year

	The group		The charity	
	2024	2023	**2024**	2023
	£	£	**£**	£
Trade creditors	**17,378**	46,142	**9,053**	37,041
Taxation and social security	**31,807**	27,076	**31,807**	27,076
VAT creditor	**87,813**	110,810	**53,178**	63,367
Accruals	**23,552**	49,095	**10,549**	25,759
Deferred income	**157,408**	233,147	**37,029**	63,286
	317,958	466,270	**141,616**	216,529

15 Deferred income

Deferred income comprises income invoiced for training and consultancy services in advance.

	The group		The charity	
	2024	2023	**2024**	2023
	£	£	**£**	£
Balance at the beginning of the year	**233,148**	173,518	**63,286**	34,963
Amount released to income in the year	**(221,393)**	(171,828)	**(63,286)**	(34,963)
Amount deferred in the year	**145,653**	231,458	**37,029**	63,286
Balance at the end of the year	**157,408**	**233,148**	**37,029**	63,286

16a Analysis of group net assets between funds (current year)

	General unrestricted	Designated funds	Restricted funds	**Total funds**
	£	£	£	**£**
Net current assets	418,006	-	240,913	**658,919**
Net assets at the end of the year	**418,006**	**-**	**240,913**	**658,919**

16b Analysis of group net assets between funds (prior year)

	General unrestricted	Designated funds	Restricted funds	**Total funds**
	£	£	£	**£**
Net current assets	630,746	-	225,923	**856,669**
Net assets at the end of the year	**630,746**	**-**	**225,923**	**856,669**

17a Movements in funds (current year)

	At the start of the year £	Income & gains £	Expenditure & losses £	Transfers £	**At the end of the year £**
Restricted funds:					
Adults Research incl. Prisons and Criminal Justice					
Creating a mentally healthy society CAF	78,182	-	(39,050)	-	**39,132**
Place-based physical activity intervention	28,450	32,350	(32,500)	-	**28,300**
Children and Young People					
ATTUNE project	-	17,488	(17,488)	-	**-**
Changemakers project	692	91,938	(88,288)	-	**4,342**
PPL additional funding for Changemakers	-	33,333	(10,573)		**22,760**
Spirit of 2012 Evaluation	6,250	16,500	(22,750)	-	**-**
Youth Sport and Mental Health Project	-	25,000	(25,000)	-	**-**
Family Footsteps	-	13,449	(8,750)	-	**4,699**
CYPMHC	90,489	115,680	(129,989)	-	**76,180**
Influencing Policy and Practice				-	
COPACT	-	10,800	(10,800)	-	**-**
Mental health champions network	21,860	30,665	(42,025)	-	**10,500**
State of Nation	-	55,000	-	-	**55,000**
Total restricted funds	225,923	442,203	(427,213)	-	**240,913**
Unrestricted funds:					
General funds	630,746	1,166,025	(1,378,765)	-	**418,006**
Total unrestricted funds	630,746	1,166,025	(1,378,765)	-	**418,006**
Total funds	856,669	1,608,228	(1,805,978)	-	**658,919**

17b Movements in funds (prior year)

	At the start of the year £	Income & gains £	Expenditure & losses £	Transfers £	**At the end of the year £**
Restricted funds:					
Adults Research incl. Prisons and Criminal Justice					
Creating a mentally healthy society CAF	129,613	78,182	(129,613)	-	**78,182**
Place-based physical activity intervention	-	40,425	(11,975)	-	**28,450**
Children and Young People					
ATTUNE project	-	17,254	(17,254)	-	**-**
Shifting the Dial	(999)	-	-	999	**-**
Changemakers project	-	100,870	(100,178)	-	**692**
Spirit of 2012 Evaluation	-	12,500	(6,250)	-	**6,250**
CYPMHC	82,233	120,320	(112,064)	-	**90,489**
Influencing Policy and Practice				-	
BDP Awareness Project	4,537	2,000	(6,537)	-	**-**
Mental health champions network	-	30,665	(8,805)	-	**21,860**
Total restricted funds	215,384	402,216	(392,676)	999	**225,923**
Unrestricted funds:					
General funds	781,820	1,060,163	(1,210,238)	(999)	**630,746**
Total unrestricted funds	781,820	1,060,163	(1,210,238)	(999)	**630,746**
Total funds	997,204	1,462,379	(1,602,914)	-	**856,669**

17 Purposes of restricted funds

Influencing Policy and Practice

BDP Awareness Project (Tale of Three Cities Goes Global 2022) -This is a collaboration between Centre for Mental Health, the Anna Freud Centre, 42nd Street, and Forward Thinking Birmingham to put on a series of events in the month of May 2022 around bipolar personality disorder. This has been funded by steering group members, such as MIND, and from the Cassel Hospitable Charitable Trust and Arnold Clarke to cover direct costs for the series of events. It will culminate in a celebration at Manchester Cathedral where young people with lived experience will gather to share their experiences.

Experience based investigation and co-design approaches to prevent and reduce Mental Health Act use' *(**COPACT**)* is a project funded by the National Institute for Health and Care Research (NIHR) and lead by University of Oxford. This project will run until March 2023 and the Centre will lead the patient and public involvement element of work and will engage with service users and advise on the design and delivery of the project.

State of Nation - this 8-year grant award has been provided by the Exilarch Foundation. This new project, led by Mind, has an ambitious vision to provide the first comprehensive picture of the nation's mental health. This project will be a major positive step forward for the nation's mental health, providing a case for action to help influence the creation of a much-needed nationwide mental health strategy and help achieve meaningful and long-lasting impact. Centre for Mental Health will help with the synthesis of evidence. They will also produce the 'almanac' aspect to the project – a trusted, one-stop shop for mental health research

Children and Young People funding

Understanding mechanisms and mental health impacts of Adverse Childhood Experiences to co-design preventive arts and digital interventions' *(**ATTUNE**)* is a project funded by the Medical Research Council (MRC) and lead by University of Oxford. The project will run until August 2025 and the Centre's Associate Director for Children and Young People's Mental Health is a Co-Investigator on the project. The Centre will also be facilitating the Young People Advisory Group alongside Young People Cornwall.

Spirit of 2012 evaluation

The Spirit of 2012 provided additional funding to our partners on the Young Changemakers project, The Diana Award, to evaluate their anti-racist bullying training which aims to build on the Young Changemakers programme in schools. The Centre are conducting this evaluation on behalf of the Diana Award to track the training programme's impact on its beneficiaries.

The ***Youth Sport and Mental Health Project*** is a project led by Active Esses Foundation funded by National Lottery Community Fund, Sport England Local Delivery Pilot, North Essex NHS ICS, and HAF. Centre for Mental Health is the expert external evaluation partner for the Youth Sport and Mental Health Project over the 3 years of the programme. The main focus will be to evaluate the impact of the project on Locally Trusted Organisations (LTOs) relating to their increased skills, knowledge, capacity, and impact on children/young people engaged. Centre for Mental Health will support the measurement of the impact on system partners in mental health.

Family Footsteps is led by Kings College London, funded by the Wellcome Trust and includes Centre for Mental Health and Bethlem Gallery as collaborators. The project is focused in understanding why psychopathology runs in families. Centre for Mental Health are leading on the recruitment of families from underrepresented communities, processing workshop transcripts, dissemination of 'myth busting' materials to parents, and dissemination to clinicians and policy makers.

Young ***Changemakers*** -this project is a collaboration between UK Youth, Centre for Mental Health, and The Diana Award and is funded by The People's Postcode Lottery and Comic Relief. The project will equip young people with the tools to produce youth-led social action projects aimed at tackling mental health inequalities in racialised communities. The Centre are responsible for evaluating the programme as well as providing policy influencing opportunities for the cohorts of young people. This will culminate in annual reports.

PPL -additional funding for Changemakers - Building on the previous funding from People's Post Code Lottery, the partnership (Centre for Mental Health, UK Youth and The Diana Award) secured additional funding to expand the work of the project. Centre for Mental Health will utilise the additional funding to offer internships to young Black people; top up the 'embedding' pot to increase activities in this area to embed our learning; a series of policy round tables and to coproduce a peer research toolkit with young Black people involved in the programme as peer researchers.

Children and Young People Mental Health Coalition *(CYPMHC)* a membership body that brings together leading charities to campaign jointly on the mental health and wellbeing of children and young people. It is hosted by Centre for Mental Health.

Shifting the Dial **project** came to an end in March 2022 with total overspent of £999 , the transfer from unrestricted to restriced funds is balancing off the overspent.

Adults Research incl. Prisons and Criminal Justice

Creating mentally healthy society CAF - Alliance-building to create a mentally health society is funded by the Charities Aid Foundation (CAF) and lead by Rethink Mental Illness. The project aims to build and mobilise a coalition of the willing to facilitate good mental health and resilience in all areas of society, in particular four new alliance areas. The Centre will evaluate this project over two years which will culminate in a final report.

Place-based physical activity interventions evaluation

The Centre has been funded alongside Rethink Mental Illness to evaluate a three-year place-based physical activity intervention targeting people with a severe mental illness who are inactive. We are conducting an impact evaluation and proof of concept for two pilot sites.

18 Operating lease commitments

The charity and group's total future minimum lease payments under non-cancellable operating leases is as follows for each of the following periods:

	Property		Equipment	
	2024	2023	**2024**	2023
	£	£	**£**	£
Less than one year	**14,608**	29,217	**-**	-
One to five years	**-**	14,608	**-**	-
	14,608	43,825	**-**	-

19 Legal status of the charity

The charity is a company limited by guarantee and has no share capital. The liability of each member in the event of winding up is limited to £1.

CENTRE FOR MENTAL HEALTH

England & Wales - Charity number 1091156

Accounts

Company number: 4373019
Charity number: 1091156

Centre for Mental Health

Report and Financial Statements

5 April 2023

Centre for Mental Health

Reference and administrative details

For the year ended 5 April 2023

Company number	4373019
Charity number	1091156
Registered office and operational address	Room AG.22, 11-13 Cavendish Square London W1 G 0AN

Trustees

Trustees, who are also directors under company law, who served during the year and up to the date of this report were as follows:

Professor Dame Susan Bailey	Chair
Rt. Hon Lord Bradley of Withington	
Sir Andrew Dillon	
Mr Michael Morley	Deputy Chair
Mr Andre Tomlin	
Professor Kamaldeep Singh Bhui	
Poppy Jaman	
Christopher Paul Chapman	Treasurer

Key management Personnel

Dr Sarah Hughes BA MA DipSW PhD	Chief Executive, resigned 06.01.2023
Mr Andrew Bell BA MA	Chief Executive appointed 30.03.2023
Ms Jan Hutchinson MSc MA DipSW	Director of Operations
Ms Agnieszka Dajczer MAcc	Associate Director of Finance and Resources
Ms Kadra Abdinasir MSc BA Hons	Associate Director of Policy
Mrs Jennifer Banks BA Hons	Associate Director of Business and Partnerships
Dr David Woodhead BA Hons PhD	Associate Director of Research
Ms Alethea Joshi BA Hons	Associate Director of Communications

Bankers

National Westminster Bank
20 Dean Street
London
W1A 1SX

Solicitors

Russell Cooke
8 Bedford Row
London
WC1R 4BX

Auditors

Sayer Vincent LLP
Chartered Accountants and Registered Auditors
Invicta House
108-114 Golden Lane
London EC1Y 0TL

Centre for Mental Health

Report of the trustees

For the year ended 5 April 2023

The trustees present their report and the audited financial statements for the year ended 5 April 2023.

Reference and administrative information set out on page 1 forms part of this report. The financial statements comply with current statutory requirements, the memorandum and articles of association and the Statement of Recommended Practice - Accounting and Reporting by Charities (FRS102, 2015).

Objectives and activities

We're Centre for Mental Health.

We take the lead in challenging policies, systems and society, so that everyone can have better mental health.

We do this by building research evidence to create fairer mental health policy.

Poverty, injustice and discrimination put some people at a much higher risk of poor mental health – but less likely to receive the right support.

By developing mental health research, economic analysis and policy ideas, we're equipping services and decision makers to meet people's needs and reduce mental health inequalities.

Our work is driving forward sustainable policy change, to pursue equality, social justice and good mental health for all.

The charity's main activities and who it tries to help are described in detail below. All its charitable activities focus on the advancement of learning in the science and practice of mental health care and are undertaken to further Centre for Mental Health's charitable purposes for the public benefit.

The trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning its future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives that have been set.

Introduction from Professor Dame Sue Bailey and Andy Bell

Centre for Mental Health is determined to create a society where everyone has a better chance of good mental health, and where people with mental health difficulties have a fair chance in life. All of our work is dedicated to building mental health equality and social justice.

Over the last year, we have worked tirelessly to achieve our ambitions. We have generated evidence and insights, produced research and analysis, provided training and learning opportunities, supported debates and networks, and campaigned vigorously for change where it's needed.

At the end of 2022, after six hugely successful years at Centre for Mental Health, our chief executive Dr Sarah Hughes left us to become chief executive of Mind. We are thankful for the extraordinary work and commitment to our cause that Sarah brought to the Centre. Her leadership not only enabled us to become stronger than ever but inspired many people through her vision and determination to make a difference.

We're now looking forward to the difference we can keep on making, building on what we have achieved in the last six years. We know that this is a tough time for the nation's mental health. Poverty, economic inequality and the cost of living crisis are taking an ever greater toll on people's mental health. Racism and discrimination cause severe harm to wellbeing and deepen inequalities. Mental health services are growing but the need for support is rising even faster. And people with mental health problems face a growing gap in life expectancy from the rest of the population. We will not stand by and accept these injustices. We will work hard to create policies and social change to support better mental health for us all.

In the year ahead, we are going to set out priorities for mental health over the next decade and explore the economic and social costs of not meeting people's needs effectively. We are going to work with Young Changemakers to bring new ideas and approaches to addressing mental health inequalities facing Black communities. We will be exploring the impacts of the climate crisis on mental health and how to create climate and mental health resilient places for people to live in. And we will continue to campaign for better physical health support for people with mental health problems.

Achievement of our objectives for 2022/23

During the last year, we have been focused on achieving the five high level goals set out in our five year strategy (for 2021-2025). These are:

1. To secure a whole government strategy for mental health and neurodiversity including housing, welfare, health, business, justice and defence.
2. To ensure that every child has a fair chance in life, and we see an increase in investment into early years support.
3. That people with mental health difficulties and neurodiversity get quality and values-driven health and social care services including physical health, work, housing and other basic needs.
4. That the government deal with the things we know make people ill, including poverty, racism, discrimination, exclusion, poor housing, punitive welfare systems, and systemic pressure.
5. To work within the Criminal Justice System to develop the best evidence for prevention, safe and secure prisons and resettlement to ensure people entering into the pathway have their mental and physical health needs met.

In the pursuit of these high-level goals, during 2022/23 we:

- Continued to work towards becoming an Anti-Racist organisation, building on our anti-racism strategy, published in March 2021. We have an ongoing programme of training for staff and continue to explore ways in which we can address structural and systemic racism in our work, our own processes and practices, and our governance.
- Built on our position statement from 2021 in response the climate change emergency and mental health. We joined UK for Good a community of business leaders proactively campaigning for sustainable business models linked to supporting the charitable sector. We used the development of our RHS Chelsea Charity Garden 2023 as a platform to voice the impact of the climate change emergency on mental health and the need to access healing green spaces. Our blog 'Climate change, *mental health and race equality'* explored the links between climate change and mental health growing and what role racism plays.
- Continued our Writer in Residence programme, with Amy Pollard completing her residency during the year 2022. Our new Writer in Residence for 2023 will be Andrew Kaye-Kauffmann.

- Secured two significant contracts to offer bespoke Individual Placement and Support training programmes with a specialist Drug and Alcohol focus and to increase the specific employer engagement skills and leadership skills of IPS workers integrated with primary and secondary care mental health teams.
- Trained more than 400 people in Individual Placement and Support employment skills as part of the national effort to ensure more people using mental health services get the best possible help with paid work.
- Joined leading mental health charities and social enterprises to respond to the newly announced merging of the mental health plan with a Major Conditions Strategy which we perceived as a betrayal of the government's promise to develop a visionary new plan for mental health. We collectively called for sustained investment in high quality person-centred support for mental health and social care services, and a percentage of NHS spend to be dedicated to preventative mental health interventions.
- Children and Young People's Mental Health Coalition launched a call for evidence on behaviour and mental health in schools between May and June 2022, and consisted of a survey for young people, a survey for parents and carers and a survey for professionals. The report on the full findings will be published in 2023.
- Equally Well UK, our collaborative dedicated to reducing the life expectancy gap faced by people living with a mental illness, continued its campaign for better physical health care. Working alongside Rethink Mental Illness, we have supported improvements in access to physical health checks for people with a mental illness and explored the impact of food poverty.
- Launched The Mentally Healthier Councils Network, funded by the Health Foundation, which will invite councils, councillors, officers and those who work with them to access resources, training, and opportunities to share best practice and create new partnerships.
- Completed an evaluation of the Government's Better Mental Health Fund set up to address mental health difficulties arising from the COVID-19 pandemic. The Office for Health Improvement and Disparities (OHID) led the administration. The funding aimed to reduce mental health inequalities by targeting at risk and vulnerable groups.
- Published 'Heads Up – Rethinking Mental Health Services for young people at risk of harm'. a joint report with the Commission on Young Lives. The report warned post-Covid children's mental health services are buckling under pressure and putting vulnerable young people at greater risk of exploitation, serious violence, and abuse.
- Published Prison mental health services in England, 2023 report based on a survey of prisons and Young Offender Institutions in England, commissioned by NHS England. It found that more than 7,700 people in the prisons surveyed were receiving support from a mental health service while in custody. This equates to one prisoner in seven getting support from mental health services, which rises to more than one in four among women in custody.
- Published 'No Wrong Door' commissioned by the NHS Confederation's Mental Health Network to identify a vision for mental health, autism and learning disability services in ten years' time, for people of all ages in England. This major report sets an agenda for the next decade and has already been used by a number of integrated care systems to plan for major reforms to their mental health services.
- Published 'Poverty, economic inequality and mental health' the briefing demonstrated that poverty and economic inequality intersect with structural racism to undermine the mental health of racialised and marginalised groups in society.
- Published 'The power of the ordinary' commissioned by BBC Children in Need: an evaluation of their A Million & Me Programme. The grants programme was set up to explore how ordinary, trusted relationships can help children with their mental wellbeing. Our evaluation provided essential insights

into the best ways of promoting children's wellbeing and boosting mental health literacy among both children and trusted adults.

- Completed a review of the emotional and psychological needs of people living with kidney disease, in partnership with Kidney Research UK, and worked alongside a range of long-term conditions charities to make the case for investment in mental health support for people with ongoing physical health problems.
- Initiated the 2023 Festival of Ideas, a series of events and activities exploring Five Giants for Mental Health and ideas for how to bring about long-term solutions to some of the biggest issues for people's mental health in the decade to come.

Financial Review

Unrestricted income for the year amounted to £1,060,162 (2021/22: £952,241) whilst unrestricted expenditure amounted to £1,210,237 (2021/22: £392,676). This resulted with a deficit and decrease in unrestricted funds for the year with amount of £151,074 (2021/22 profit £11,018), as shown on the Statement of Financial Activities.
Activity within restricted funds has given a given rise to a surplus in the year of £10,539. This does not represent a call on unrestricted reserves, as the surplus of restricted funds is carried forward within projects that are active over a number of financial years. Details of these restricted activities and funds can be found in note 19a to the accounts.

Total consolidated funds carried forward as of 5 April 203 are £856,669 (2021/22: £997,204).

Risk Management

The Trustees are responsible for the management of the risks faced by the charity. Detailed considerations of risk are delegated to the Finance and Audit Committee, which is assisted by senior charity staff and external experts. Risks are identified, assessed and controls established throughout the year. A formal review of the charity's risk management processes is undertaken on a regular basis.

The key risks faced by the charity include:

- Business Continuity and Disaster Recovery.
- Financial Stability, the context for the Centre are ever changing and therefore is an ongoing primary focus of risk management.
- Lack of diversity, the Centre has identified Diversity as a key element to a successful organisation therefore is also a significant priority for risk management strategies.
- Reputational damage, all charities must maintain the highest standards of practice, however the Centre understand the implications when things go wrong.
- Going concern consideration, both the senior management team and the trustees have considered the assumptions created for the going concern consideration and the resulting conclusions, using different levels of uncertainty over significant amount of income and have agreed appropriate actions should income not materialise as planned. They have concluded that there are currently no material uncertainties about

going concern due to the relatively high percentage of budgeted income that has already been committed for the financial year ending 5 April 2023 and that, should further budgeted income is not secured, robust plans are in place to make any necessary reductions in expenditure to maintain going concern status.

The key controls used by the charity include:

- formal reporting of risk management processes to Trustees' meetings,
- weekly cash flow review,
- regular executive meetings where the risk register is discussed,
- detailed terms of reference for all sub-committees,
- comprehensive strategic planning, budgeting and management accounting,
- established organisational and governance structure and lines of reporting,
- formal written policies,
- hierarchical authorisation and approval levels,
- making sure that our IT systems are safe and adhering to Cyber Safe certification requirements.

The Centre has a business continuity action plan which Trustees reviewed in March 2021 to ensure we can continue to carry out our work and meet our obligations during the pandemic. The action plan enables all staff to work from home (with necessary equipment and adaptations) and that all our business processes can continue while staff, trustees and other stakeholders are all working remotely.
Through the risk management processes established by the charity, the Trustees are satisfied that the major risks identified have been adequately managed where necessary. It is recognised that systems can only provide reasonable but not absolute assurance that major risks have been adequately managed.

Reserves policy and going concern

Reserves are required to:

- smooth out surpluses and deficits year on year,
- replace capital expenditure or restructure the organisation,
- deal with the effects of any risks that materialise,
- allow the organisation to take on opportunities that may arise in a timely manner,
- deal with the unexpected.

Trustees are required to set an appropriate minimum level of reserves, and in doing so take into account these reasons for holding reserves, as well as current and future financial needs.

The trustees have decided to set minimum reserves set as:

- Winddown reserve– set as 3 months of anticipated core expenditure.
- Cash flow reserve – set as 3 months' cycle calculated on 15 months cashflow forecast.

As at 5 April 2023, that will require minimum free reserves of £600,000 to be held (2022: £600,000).

Group free reserves held at 5 April 2023 amounted to £630,746, being group net assets of £856,669, less restricted funds of £225,923.

The Trustees consider that the level of reserves held is within an appropriate margin of the minimum level as set, given the need to be able to respond to fundraising opportunities, and that the going concern basis remains appropriate for the preparation of the group's accounts. This policy is reviewed as necessary by Trustees and at least once a year as part of the annual reporting process.

Trading subsidiary

Centre for Mental Health Training Ltd is a wholly owned subsidiary of Centre for Mental Health that carries out programme-related trading activity on behalf of the parent charity. During 2022/22 sales income was derived from several sources including IPS training courses and consultancy services. The subsidiary made a profit of £90,411 (2021/22: profit £124,171). The profit for 2022/23 has been donated via Gift Aid to the charitable parent in amount of £90,411. Further details are given in Note 11 to the financial statements.

Fundraising

Centre for Mental Health welcomes voluntary donations but does not engage in direct public fundraising and does not use professional fundraisers or commercial participators. Centre for Mental Health nevertheless observes and complies with the relevant fundraising regulations and codes. During the year there was no non-compliance of these regulations and codes and Centre for Mental Health received no complaints relating to its fundraising practice.

Most of our income derives from contracts and grants. We are nonetheless registered with the fundraising regulator and follow their guidance when evaluating potential approaches to grant giving bodies.

Objectives and activities planned for 2023/24

In 2023/24 we will continue to pursue the five high level goals for the charity within our five year strategy. These have been updated since our last annual report in order to reflect the changing environment we are working in and the ambitions we have to bring about large-scale, long-term change.

- To secure a whole government long-term approach to protecting and promoting mental health for all, including housing, social security, health, business, justice, defence and the environment.
- To enable every child and young person to have a mentally healthy start in life through large-scale system change and investment.
- To ensure that people of all ages with mental health difficulties get equitable, effective and timely health and social care services, including physical health, work, and housing.
- To address the unequal social and economic determinants of mental health, including poverty, racism, discrimination and exclusion, fostering action locally and nationally, including from statutory bodies, civil society and businesses.

- To stimulate action to address inequalities in mental health across every dimension: working alongside communities and public services to find and share sustainable and effective solutions. In the next two years, we especially want to address mental health inequalities that have received less attention or been poorly served, including those facing neurodiverse communities, LGBTQ+ communities, racialised communities, refugee and asylum-seeking communities, older people, and people with 'complex' needs.

To enable us to achieve these objectives, over the next year we will take steps including:

- We will produce a sector-led document setting out cross-government priorities for mental health to inform future national strategies and policy decisions.
- We will work with the NHS in England to support the delivery and updating of the NHS Long Term Plan's mental health elements.
- We will support the expansion of Individual Placement and Support to enable people using mental health and drug and alcohol services to gain paid employment. Our role will be to provide a range of NHS England funded and optional training courses, tailored consultancy and support to local services, and to provide individual service fidelity reviews which highlight areas for development and improvement.
- We will review the economic and social costs of mental ill health and report on actions that can help to prevent or mitigate these costs.
- We will deliver our updated Mentally Healthier Councils Network, supporting elected members and staff from local authorities to use their powers and responsibilities to boost mental health for all in their communities.
- We will establish a network of mental health leaders working in Integrated Care Systems to support the local application of evidence-based approaches to reducing mental health inequalities.
- We will continue to work towards being an Anti-Racist organisation, continuing to implement and review our Action Plan, published in March 2021, and to audit the progress we have made so far and where we need to go further.
- We will develop our capacity to deliver high quality, cutting-edge work, building our multi-disciplinary team of staff and associates.
- We will work alongside local and regional systems to help them to apply evidence into practice. This includes supporting the West Midlands Mental Health Commission and ongoing work with local authorities in Greater Manchester.
- We will continue to campaign for equal physical health for people with a mental illness through Equally Well UK – building our membership and sharing good practice across the country.

Structure, governance & management

The organisation is a charitable company limited by guarantee, incorporated on 13 February 2002 and registered as a charity on 1 March 1985.

The company was established under a memorandum of association which established the objects and powers of the charitable company and is governed under its articles of association.

All trustees give their time voluntarily and receive no benefits from the charity. There were no trustee expenses reclaimed from the charity.

Centre for Mental Health is run by a Board of Trustees who are the Directors and Members of the charitable company; their details are set out above. Trustees concern themselves with matters of a strategic nature, deciding broad policy and ensuring good governance and compliance. Trustees meet regularly, both in plenary or in Committee groups to oversee the affairs of the Centre. Trustees are recruited for their expertise and experience in mental health, in charity governance, in fundraising and in financial management as well as their commitment to and enthusiasm for the Centre's aims and objectives.

The Nominations Committee oversees the recruitment, induction, and training of all trustees. All trustees participate in external and internal training opportunities covering developments in mental health as well as charity governance and trustee responsibilities.

The Finance and Audit Committee has a key role in establishing annual budgets and monitoring performance against the budget on monthly basis during the year, overseeing the organisation's financial control and systems, reviewing, and recommending to the board approval of the annual financial statements, including the selection of appropriate accounting policies and practices, recommending the appointment of the external auditor, and the appropriate fee. The Finance and Audit Committee play a very important role in detecting and preventing fraud.

The Remuneration Committee decides on the organisation's remuneration policy and are responsible for setting the renumeration package for chief executive and all employees. The Committee reviews the salary levels each year making sure the pay remains fair and competitive to its employees and affordable to the organisation considering the risk and the long term strategic goals.

Trustees delegate day to day management to the Executive team lead by the Chief Executive. Trustees are advised of the terms of reference for executive committees and processes for operational management.

The charity carried out a governance review in October 2021 using the Charity Governance Code as the basis for reviewing our current arrangements and identifying any necessary changes. As part of that process, we carried out a Trustee Skills Audit, and are recruiting up to four new Trustees to rebalance the Board's skills and to increase diversity. We have plans in place to consider recruiting to Associate Trustee positions to bring on less experienced Trustees, particularly representing younger people.

Appointment of trustees

Trustees are appointed by the board's Nominations Committee. Early in 2023, we undertook an open recruitment exercise to bring in new members of the board as existing members retire after their terms of office. In this process we actively encouraged applications from groups of people who are currently under-represented on the boards of charities in the UK and we updated our role specification accordingly as well as promoting the positions proactively through social media. New members will join the board in the summer of 2023.

Statement of responsibilities of the trustees

The trustees, who are also directors of Centre for Mental Health for the purposes of company law, are responsible for preparing the report of the trustees' annual report including the strategic report and the 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 group of the incoming resources and application of resources, including the income and expenditure, of 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 the Charities SORP,
- make judgements and estimates that are reasonable and prudent,
- state whether applicable UK Accounting Standards and statements of recommended practice 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 charity will continue in operation.

The trustees are responsible for keeping adequate 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 group and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the trustees are aware:

- there is no relevant audit information of which the charitable company's auditor is unaware; and
- the trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditors are aware of that information.

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.

Members of the charity guarantee to contribute an amount not exceeding £1 to the assets of the charity in the event of winding up. The total number of such guarantees at 5 April 2023 was 8 (2022 - 8). The trustees are members of the charity, but this entitles them only to voting rights. The trustees have no beneficial interest in the group or the charity.

Auditors

Sayer Vincent LLP were re-appointed as the charitable company's auditors during the year and have expressed their willingness to continue in that capacity.

The report of the trustees has been prepared in accordance with the special provisions applicable to companies subject to the small regime.

The trustees' annual report which includes the strategic report has been approved by the trustees on 28 July 2023 and signed on their behalf by

Professor Sue Bailey
Chairman

Independent auditor's report

To the members of

Centre for Mental Health

Opinion

We have audited the financial statements of Centre for Mental Health (the 'parent charitable company') and its subsidiary (the 'group') for the year ended 5 April 2023 which comprise the consolidated statement of financial activities, the group and parent charitable company balance sheets, the consolidated statement of cash flows and the notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including FRS 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 group's and of the parent charitable company's affairs as at 5 April 2023 and of the group's incoming resources and application of resources, including its income and expenditure, for the year then ended
- Have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice
- Have been prepared in accordance with the requirements of the Companies Act 2006 and the Charities Act 2011

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 group financial statements section of our report. We are independent of the group and parent charitable company 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 Centre for Mental Health'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.

Independent auditor's report

To the members of

Centre for Mental Health

Other Information

The other information comprises the information included in the trustees' annual report, other than the group financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. Our opinion on the group 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. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the group financial statements or our knowledge obtained in the course of 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 this gives rise to a material misstatement in the group financial statements themselves. 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' annual report for the financial year for which the financial statements are prepared is consistent with the financial statements
- The trustees' annual 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 group and the parent charitable company and their environment obtained in the course of the audit, we have not identified material misstatements in the trustees' annual report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 and Charities Act 2011 requires us to report to you if, in our opinion:

- Adequate accounting records have not been kept by the parent charitable company, or returns adequate for our audit have not been received from branches not visited by us; or
- The parent charitable company 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; or
- The directors were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the trustees' annual report and from the requirement to prepare a strategic report.

Responsibilities of trustees

As explained more fully in the statement of trustees' responsibilities set out in the trustees' annual report, the trustees (who are also the directors of the parent 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 group's and the parent charitable company'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 group or the parent charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

We have been appointed auditor under the Companies Act 2006 and section 151 of the Charites Act 2011 and report in accordance with those Acts.

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 are set out below.

Capability of the audit in detecting irregularities

In identifying and assessing risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, our procedures included the following:

- We enquired of management and the Finance Committee, which included obtaining and reviewing supporting documentation, concerning the group's policies and procedures relating to:
- Identifying, evaluating, and complying with laws and regulations and whether they were aware of any instances of non-compliance;
- Detecting and responding to the risks of fraud and whether they have knowledge of any actual, suspected, or alleged fraud;
- The internal controls established to mitigate risks related to fraud or non-compliance with laws and regulations.
- We inspected the minutes of meetings of those charged with governance.
- We obtained an understanding of the legal and regulatory framework that the group operates in, focusing on those laws and regulations that had a material effect on the financial statements or that had a fundamental effect on the operations of the group from our professional and sector experience.
- We communicated applicable laws and regulations throughout the audit team and remained alert to any indications of non-compliance throughout the audit.
- We reviewed any reports made to regulators.

- We reviewed the financial statement disclosures and tested these to supporting documentation to assess compliance with applicable laws and regulations.
- We performed analytical procedures to identify any unusual or unexpected relationships that may indicate risks of material misstatement due to fraud.
- In addressing the risk of fraud through management override of controls, we tested the appropriateness of journal entries and other adjustments, assessed whether the judgements made in making accounting estimates are indicative of a potential bias and tested significant transactions that are unusual or those outside the normal course of business.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

A further description of our responsibilities is available 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 section 144 of the Charities Act 2011 and regulations made under section 154 of that Act. 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.

Judith Miller (Senior statutory auditor)
Date: 29 August 2023
for and on behalf of Sayer Vincent LLP, Statutory Auditor
Invicta House, 108-114 Golden Lane, LONDON, EC1Y 0TL

Sayer Vincent LLP is eligible to act as auditor in terms of section 1212 of the Companies Act 2006

Centre for Mental Health

Consolidated statement of financial activities (incorporating an income and expenditure account)

For the year ended 5 April 2023

	Note	Unrestricted £	Restricted £	2023 **Total £**	Unrestricted £	Restricted £	2022 Total £
Income from:							
Donations and legacies	2	3,462	-	**3,462**	18,103	-	18,103
Charitable activities							
Employment Support Programme	3	239,748	-	**239,748**	173,942	-	173,942
Adults Research	3	293,701	118,607	**412,308**	233,355	206,065	439,420
Children and Young People	3	270,511	250,944	**521,455**	210,931	257,399	468,330
Economics	3	26,798	-	**26,798**	116,385	-	116,385
Influencing Policy and Practice	3	222,449	32,665	**255,114**	196,902	6,500	203,402
Other Programmes	3	-	-	**-**	2,511	-	2,511
Investments - Interest receivable		3,494	-	**3,494**	112	-	112
Total income		1,060,163	402,216	**1,462,379**	952,241	469,964	1,422,205
Expenditure on:							
Raising funds	4	195,594	-	**195,594**	161,791	-	161,791
Charitable activities							
Employment Support Programme	4	237,416	-	**237,416**	211,463	-	211,463
Adults Research	4	144,306	141,588	**285,894**	134,181	76,452	210,633
Children and Young People	4	175,368	235,746	**411,114**	56,520	285,362	341,882
Economics	4	121,664	-	**121,664**	126,250	-	126,250
Influencing Policy and Practice	4	335,890	15,342	**351,232**	251,018	2,863	253,881
Total expenditure		1,210,238	392,676	**1,602,914**	941,223	364,677	1,305,900
Net income / (expenditure) before transfers between funds	5	(150,075)	9,540	**(140,535)**	11,018	105,287	116,305
Transfers between funds		(999)	999	**-**	-	-	**-**
Net movement in funds		(151,074)	10,539	**(140,535)**	11,018	105,287	116,305
Reconciliation of funds:							
Total funds brought forward		781,820	215,384	**997,204**	770,802	110,097	880,899
Total funds carried forward		630,746	225,923	**856,669**	781,820	215,384	997,204

All of the above results are derived from continuing activities. There were no other recognised gains or losses other than those stated above. Movements in funds are disclosed in Note 19 to the financial statements.

Centre for Mental Health

Balance sheets

Company no. 4373019

As at 5 April 2023

		The group		The charity	
		2023	2022	**2023**	2022
	Note	**£**	**£**	**£**	£
Fixed assets:					
Investments	10	**-**	-	**1,000**	1,000
		-	**-**	**1,000**	1,000
Current assets:					
Debtors	13	**421,086**	403,569	**295,265**	347,582
Cash at bank and in hand		**901,853**	948,642	**686,513**	694,192
		1,322,939	1,352,211	**981,778**	1,041,774
Liabilities:					
Creditors: amounts falling due within one year	14	**466,270**	355,007	**216,529**	156,796
Net current assets		**856,669**	997,204	**765,249**	884,978
Total assets less current liabilities		**856,669**	997,204	**766,249**	885,978
Creditors: amounts falling due after one year	16		-		-
Total net assets	18	**856,669**	997,204	**766,249**	885,978
Funds:	19				
Restricted income funds		**225,923**	215,384	**225,923**	215,384
Unrestricted income funds:					
General funds		**630,746**	781,820	**540,326**	670,594
Total unrestricted funds		**630,746**	781,820	**540,326**	670,594
Total funds		**856,669**	997,204	**766,249**	885,978

Approved by the trustees on 27 July 2023 and signed on their behalf by

Professor Dame Susan Bailey
Chairman

Centre for Mental Health

Consolidated statement of cash flows

For the year ended 5 April 2023

	2023	2022
	£	£
Cash flows from operating activities		
Net cash (used in) /provided by operating activities	**(50,284)**	(208,233)
Cash flows from investing activities:		
Dividends, interest and rents from investments	**3,494**	112
Change in cash and cash equivalents in the year	**(46,789)**	(208,121)
Cash and cash equivalents at the beginning of the year	**948,642**	1,156,763
Cash and cash equivalents at the end of the year	**901,853**	948,642

Reconciliation of net income / (expenditure) to net cash flow from operating activities

	2023	2022
	£	£
Net expenditure for the reporting period (as per the statement of financial activities)	**(140,535)**	116,305
Dividends, interest and rent from investments	**(3,494)**	(112)
Decrease in debtors	**(17,517)**	(215,643)
Increase in creditors	**111,263**	(108,783)
Net cash provided (used in) operating activities	**(50,284)**	(208,233)

1 Accounting policies

a) Statutory information

Centre for Mental Health is a charitable company limited by guarantee and is incorporated in England & Wales. The registered office address is Room AG.22, 11-13 Cavendish Square, London, England, W1G 0AN.

b) Basis of preparation

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 (FRS 102) - (Charities SORP FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy or note.

These financial statements consolidate the results of the charitable company and its wholly-owned subsidiary Centre for Mental Health Training Limited on a line by line basis. Transactions and balances between the charitable company and its subsidiary have been eliminated from the consolidated financial statements. Balances between the two companies are disclosed in the notes of the charitable company's balance sheet. A separate statement of financial activities, or income and expenditure account, for the charitable company itself is not presented because the charitable company has taken advantage of the exemptions afforded by section 408 of the Companies Act 2006.

c) Public benefit entity

The charitable company meets the definition of a public benefit entity under FRS 102.

d) Going concern

The trustees consider that there are no material uncertainties about the charitable company's ability to continue as a going concern.

In order to arrive at this conclusion, the management and trustees have considered the financial and operating outlook of the charitable company using different levels of uncertainty over significant levels of unsecured income. Based on this assessment they have concluded that even in a worst-case scenario, with appropriate management actions identified should they be needed, the ability of the charitable company to continue operating will not be impacted during the year ahead.

The management and trustees will continue to review cash flow projections on a regular basis during this period and will implement appropriate actions, should they be needed, if cash flow balances were to fall below agreed trigger points.

The trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next reporting period.

1 Accounting policies (continued)

e) Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the income have been met, it is probable that the income will be received and that the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

For legacies, 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(s) to the charity that a distribution will be made, or when a distribution is received from the estate. 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. Where legacies have been notified to the charity, or the charity is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is a treated as a contingent asset and disclosed if material.

Income received in advance of the provision of a specified service is deferred until the criteria for income recognition are met.

f) Donations of gifts, services and facilities

Donated professional services and donated facilities are recognised as income when the charity has control over the item or received the service, any conditions associated with the donation have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), volunteer time is not recognised so refer to the trustees' annual report for more information about their contribution.

On receipt, donated gifts, professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

g) Interest receivable

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.

h) Fund accounting

Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets these criteria is charged to the fund.

Unrestricted funds are donations and other incoming resources received or generated for the charitable purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular purposes.

i) Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

- ☐ Costs of raising funds relate to the costs incurred by the charitable company in inducing third parties to make voluntary contributions to it, as well as the cost of any activities with a fundraising purpose
- ☐ Expenditure on charitable activities includes the costs of carrying out research, collating and communicating the findings, being work undertaken to further the purposes of the charity and their associated support costs
- ☐ Other expenditure represents those items not falling into any other heading

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

1 Accounting policies (continued)

j) Allocation of support costs

Resources expended are allocated to the particular activity where the cost relates directly to that activity. However, the cost of overall direction and administration of each activity, comprising the salary and overhead costs of the central function, is apportioned on the following basis which are an estimate, based on staff time, of the amount attributable to each activity.

Where such information about the aims, objectives and projects of the charity is also provided to potential donors, activity costs are apportioned between fundraising and charitable activities on the basis of area of literature occupied by each activity.

☐ Employment Support	15%
☐ Adults Research incl. Prisons and Criminal Justice	17%
☐ Children and Young People	23%
☐ Economics	8%
☐ Influencing policy and practice	23%
☐ Costs of raising funds	14%

k) Operating leases

Rental charges are charged on a straight line basis over the term of the lease.

l) Investments in subsidiary

Investments in the subsidiary are at cost.

m) Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

n) Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

o) Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

p) Pensions

The charity participated in one flexible contributory group personal pension scheme . The charity's staging date for pensions auto-enrolment was 1 April 2016 and any relevant staff not previously participating in a pension scheme were auto-enrolled at that date.

2 Income from donations and legacies

	Unrestricted £	Restricted £	2023 Total £	Unrestricted £	Restricted £	2022 Total £
Donations	3,462	-	**3,462**	18,103	-	18,103
	3,462	-	3,462	18,103	-	18,103

3 Income from charitable activities

	Unrestricted £	Restricted £	2023 Total £	Unrestricted £	Restricted £	2022 Total £
IPS training income	239,748	-	**239,748**	173,942	-	173,942
Sub-total for Employment Support Programme	239,748	-	**239,748**	173,942	-	173,942
Age UK	1,111		**1,111**			
St. Giles Trust	-	-	**-**	-	56,466	56,466
NHS WEST YORKSHIRE ICB	41,528	-	**41,528**	-	-	-
NHS Race & Health Observatory	49,690	-	**49,690**	-	-	-
NHS England	17,414	-	**17,414**	73,509	-	73,509
NHS Trafford CCG	30,000	-	**30,000**	-	-	-
MIND	32,411	-	**32,411**	7,588	-	7,588
Kidney Research UK	22,725	-	**22,725**	-	-	-
The NHS Confederation	36,855	-	**36,855**	-	-	-
Charities Aid Foundation (CAF)		78,182	**78,182**	-	149,599	149,599
DHSC	9,300	-	**9,300**	53,450	-	53,450
The Mayor's Office of Policing	-	-	**-**	38,525	-	38,525
Greater London Authority (GLA)	-	-	**-**	13,233	-	13,233
NHS Cambridgeshire and Peterborough CCG	6,900	-	**6,900**	44,300	-	44,300
Rethink Mental Illness	-	40,425	**40,425**	-	-	-
Prison Advice & Care Trust	12,222		**12,222**			-
Health Education England	11,500		**11,500**			-
Hestia	10,475		**10,475**			
Injured Players Foundation	4,095		**4,095**			
NIHR	3,375		**3,375**			
Richmond Fellowship	4,100		**4,100**			
Other income	-	-	**-**	2,750	-	2,750
Sub-total for Adults	293,701	118,607	**412,308**	233,355	206,065	439,420

3 Income from charitable activities (continued)

University of Oxford	2,250	-	**2,250**	2,100	-	2,100
CYPMHC- various founders	-	120,320	**120,320**	-	120,563	120,563
Big Lottery Found	-	-	**-**	-	33,234	33,234
BBC Children in Needs	36,728	-	**36,728**	30,776	-	30,776
Anne Lonfiled Commission on	5,200	-	**5,200**	-	-	-
University of Glasgow	-	-	**-**	-	4,500	4,500
Emerging Minds	-	-	**-**	2,250	-	2,250
NHS WEST YORKSHIRE ICB	18,825	-	**18,825**	-	-	-
Anna Freud	8,600	-	**8,600**	-	-	-
Kings College London	9,050	-	**9,050**	-	-	-
National Youth Theatre	9,550	-	**9,550**	-	-	-
NHS England	123,723	-	**123,723**	110,159	-	110,159
The Diana Award	-	12,500	**12,500**	-	-	-
Medical Research Council	-	17,254	**17,254**	-	7,325	7,325
Centre 33	-	-	**-**	11,792	-	11,792
PPL & Comic Relief	-	100,870	**100,870**	-	91,777	91,777
MIND	8,280	-	**8,280**	12,445	-	12,445
NIHR	-	-	**-**	8,975	-	8,975
SKSST	-	-	**-**	14,000	-	14,000
Student Minds	750	-	**750**	16,626	-	16,626
The Pilgrim Trust	12,075		**12,075**			-
Podium Analitics	24,050		**24,050**			-
UK Youth	3,344		**3,344**			
States of Mind	6,200		**6,200**			-
Other income - Children and Young People	1,886	-	**1,886**	1,808	-	1,808
Sub-total for Children and Young People	270,511	250,944	**521,455**	210,931	257,399	468,330

3 Income from charitable activities (continued)

	Unrestricted	Restricted	2023 Total	Unrestricted	Restricted	2022 Total
Guy's and St Thomas' Foundation	17,213	-	**17,213**	-	-	-
NHS Trafford CCG	-	-	**-**	35,416	-	35,416
NHS England	7,350	-	**7,350**	-	-	-
Manchester Metropolitan University	4,950	-	**4,950**	-	-	-
National Voices	-	-	**-**	6,000	-	6,000
Forces in Mind Trust	11,018	-	**11,018**	17,348	-	17,348
NHS Confederation	14,836	-	**14,836**	-	-	-
WMCA	-	-	**-**	3,812	-	3,812
MIND	1,255	-	**1,255**	3,000	-	3,000
NHIR	32,093	-	**32,093**	14,183	1,500	15,683
IIMHL	1,113	-	**1,113**	-	-	-
UCL	4,500	-	**4,500**	6,500	-	6,500
Health Education England	12,500	-	**12,500**	10,000	-	10,000
WMCA	30,247	-	**30,247**	-	-	-
Various	23,936	2,000	**25,936**	27,616	5,000	32,616
LGA Improvement & Development Agency	-	-	**-**	18,202	-	18,202
MMHA	3,438	-	**3,438**	8,750	-	8,750
Surrey & Borders Partnership	18,850	-	**18,850**	-	-	-
BACP	39,150	-	**39,150**	19,775	-	19,775
Surrey County Council	-	-	**-**	16,300	-	16,300
Surrey & Border Partnership NHS	-	-	**-**	10,000	-	10,000
The Health Foundation	-	30,665	**30,665**	-	-	-
Sub-total for Influencing policy and practice	222,449	32,665	**255,114**	196,902	6,500	203,402
NHS Confederation	15,968		**15,968**	77,185	-	77,185
MMHA	750	-	**750**	11,100	-	11,100
Coventry University	-	-	**-**	9,950	-	9,950
NHS England	10,000	-	**10,000**	-	-	-
Zurich Community Trust	-	-	**-**	18,150	-	18,150
Other	80	-	**80**	-	-	-
Sub-total for Economics	26,798	-	**26,798**	116,385	-	116,385
Gov.uk	-	-	**-**	2,511	-	2,511
Sub-total for Other	-	-	**-**	2,511	-	2,511
Total income from charitable	1,053,207	402,216	**1,455,423**	934,026	469,964	1,403,990

Notes to the financial statements

For the year ended 5 April 2023

4a

		Charitable activities							
	Cost of raising funds	Employment Support Programme	Adults Research incl. PCJ	Children and Young People	Economics	Influencing Policy and Practice	Support and governance costs	**2023 Total**	2022 Total
	£	£	£	£	£	£	£	**£**	£
Staff costs (Note 6)	145,771	138,121	179,675	242,561	87,053	242,312	140,173	**1,175,666**	1,016,120
Direct project costs	3,631	57,774	55,201	95,077	8,163	33,337	20,390	**273,573**	177,698
Travel and subsistence	632	2,307	56	1,659	292	2,490	9,317	**16,753**	2,605
Printing, postage and stationery	-	-	-	-	-	-	1,511	**1,511**	1,892
IT costs	1,144	-	-	2,486	1,383	3,533	29,401	**37,947**	32,626
Communication and events	-	-	-	-	-	-	-	**-**	300
Establishment costs	3,168	131	121	695	140	995	79,091	**84,341**	63,247
Legal, finance and other	-	-	-	-	-	-	13	**13**	13
Audit	-	-	-	-	-	-	13,110	**13,110**	11,400
	154,346	198,333	235,053	342,478	97,031	282,667	293,006	**1,602,914**	1,305,901
Support and governance costs	41,248	39,083	50,841	68,636	24,633	68,565	(293,006)	**-**	-
Total expenditure 2023	**195,594**	**237,416**	**285,894**	**411,114**	**121,664**	**351,232**	**-**	**1,602,914**	
Total expenditure 2022	161,791	211,463	210,633	341,882	126,250	253,881	**-**	**1,305,901**	

Notes to the financial statements

For the year ended 5 April 2023

4b

		Charitable activities							
	Cost of raising funds	Employment Support Programme	Adults Research incl. PCJ	Children and Young People	Economics	Influencing Policy and Practice	Other Programmes	Support and governance costs	**2022 Total**
	£	£	£	£	£	£	£	£	**£**
Staff costs (Note 6)	125,347	129,028	162,189	203,896	98,045	169,321	-	128,294	**1,016,120**
Direct project costs	2,314	46,234	3,640	76,946	1,925	35,549	-	11,090	**177,698**
Travel and subsistence	187	163	-	1,196	-	248	-	811	**2,605**
Printing, postage and stationery	-	58	-	41	-	-	-	1,793	**1,892**
IT costs	177	-	1,799	4,051	-	1,844	-	24,755	**32,626**
Communication and events	-	-	-	-	-	-	-	300	**300**
Establishment costs	317	142	-	801	-	1,525	-	60,462	**63,247**
Legal, finance and other	-	-	-	-	-	-	-	13	**13**
Audit	-	-	-	-	-	-	-	11,400	**11,400**
	128,342	175,625	167,628	286,931	99,970	208,487	-	238,918	**1,305,901**
Support and governance costs	33,449	35,838	43,005	54,951	26,280	45,394	-	(238,918)	**-**
Total expenditure 2022	**161,791**	**211,463**	**210,633**	**341,882**	**126,250**	**253,881**	**-**	**-**	**1,305,901**

5 Net income/(expenditure) for the year

This is stated after charging:

	2023	2022
	£	£
Operating lease rentals:		
Other	**-**	1,205
Auditors' remuneration (excluding VAT):		
Audit	**13,110**	11,400

6 Analysis of staff costs, trustee remuneration and expenses, and the cost of key management personnel

Staff costs were as follows:

	2023	2022
	£	£
Salaries and wages	**978,863**	881,455
Social security costs	**108,464**	92,850
Employer's contribution to defined contribution pension schemes	**88,339**	41,815
	1,175,666	1,016,120

The following number of employees received employee benefits (excluding employer pension costs and employer's national insurance) during the year between:

	2023	2022
	No.	No.
£60,000 - £69,999	**1**	1
£70,000 - £79,999	**1**	1
£80,000 - £89,999	**1**	1

The total employee benefits (including pension contributions and employer's national insurance) of the key management personnel were £338,112 (2022: £350,525).

The charity trustees were not paid or received any other benefits from employment with the charity in the year (2022: £nil). No charity trustee received payment for professional or other services supplied to the charity (2022: £nil). No trustees' expenses were reimbursed during the financial year (2022: £nil).

7 Staff numbers

The average number of employees (head count based on number of staff employed) during the year was as follows: 27.0 (2022: 24.3)

	2023 No.	2022 No.
Raising funds	**2.4**	2.0
Employment Support Programme	**3.0**	3.0
Adults research	**4.1**	2.6
Children and Young People	**5.0**	4.6
Influencing Policy and Practice	**6.3**	5.7
Economics	**1.5**	2.0
Support	**3.9**	3.4
Governance	**0.8**	1.0
	27.0	24.3

8 Related party transactions

There are no donations from related parties which are outside the normal course of business and no restricted donations from related parties.

9 Taxation

The charity is exempt from corporation tax as all its income is charitable and is applied for charitable purposes. The charity's trading subsidiary Centre for Mental Health Training Limited gift aids available profits to the parent charity. Its charge to corporation tax in the year was:

	2023 £	2022 £
UK corporation tax at 19% (2022: 19%)	**-**	-

10 Investments

Investments comprise:

	The group		The charity	
	2023 £	2022 £	2023 £	2022 £
Unlisted shares in UK registered companies	**-**	-	**1,000**	1,000
	-	-	**1,000**	1,000

The investments comprise the whole of the issued ordinary share capital of Centre for Mental Health Training Ltd and are shown at par.

11 Subsidiary undertaking

The charitable company owns the whole of the issued ordinary share capital of Centre for Mental Health Training Limited, a company registered in England. The subsidiary is used solely for primary purpose trading activities. All activities have been consolidated on a line by line basis in the statement of financial activities. Available profits are gift aided to the charitable company. A summary of the results of the subsidiary is shown below:

	2023	2022
	£	£
Turnover	**642,628**	609,208
Cost of sales	**(552,967)**	(485,064)
Gross profit	**89,661**	124,144
Administrative expenses	**-**	-
Other operating income	**-**	-
Operating profit / (loss)	**89,661**	124,144
Interest receivable	**750**	27
Profit / (loss) on ordinary activities	**90,411**	124,171
Donation under gift aid to parent undertaking	**-**	-
Profit / (loss) for the financial year	**90,411**	124,171
The aggregate of the assets, liabilities and funds was:		
Assets	**517,949**	404,310
Liabilities	**(426,538)**	(292,085)
Funds	**91,411**	112,225

12 Parent charity

The parent charity's gross income and the results for the year are disclosed as follows:

	2023	2022
	£	£
Gross income	**1,320,940**	1,182,705
Result for the year	**(230,946)**	(7,866)

13 Debtors

	The group		The charity	
	2023	2022	2023	2022
	£	£	**£**	£
Fees and charges	**302,131**	324,062	**51,937**	175,108
Other debtors	**100,501**	64,609	**49,632**	64,609
Prepayments	**18,454**	14,898	**16,899**	13,991
Inter-company debtor	**-**	-	**176,797**	93,874
	421,086	403,569	**295,265**	347,582

14 Creditors: amounts falling due within one year

	The group		The charity	
	2023	2022	**2023**	2022
	£	£	**£**	£
Trade creditors	**46,142**	24,845	**37,041**	10,284
Taxation and social security	**27,076**	27,029	**27,076**	27,029
VAT creditor	**110,810**	103,392	**63,367**	59,996
Accruals	**49,095**	26,223	**25,759**	24,523
Deferred income	**233,147**	173,518	**63,286**	34,963
	466,270	355,007	**216,529**	156,795

15 Deferred income

Deferred income comprises income invoiced for training and consultancy services in advance.

	The group		The charity	
	2023	2022	**2023**	2022
	£	£	**£**	£
Balance at the beginning of the year	**173,518**	249,970	**34,963**	62,266
Amount released to income in the year	**(171,828)**	(315,585)	**(34,963)**	(62,266)
Amount deferred in the year	**231,458**	239,133	**63,286**	34,963
Balance at the end of the year	**233,148**	**173,518**	**63,286**	34,963

16a Analysis of group net assets between funds (current year)

	General unrestricted £	Designated funds £	Restricted funds £	**Total funds £**
Net current assets	630,746	-	225,923	**856,669**
Net assets at the end of the year	**630,746**	**-**	**225,923**	**856,669**

16b Analysis of group net assets between funds (prior year)

	General unrestricted £	Designated funds £	Restricted funds £	**Total funds £**
Net current assets	781,820	-	215,384	**997,204**
Net assets at the end of the year	**781,820**	**-**	**215,384**	**997,204**

17a Movements in funds (current year)

	At the start of the year £	Income & gains £	Expenditure & losses £	Transfers £	**At the end of the year £**
Restricted funds:					
Adults Research incl. Prisons and Criminal Justice					
Creating a mentally healthy society CAF	129,613	78,182	(129,613)	-	**78,182**
Place-based physical activity intervention	-	40,425	(11,975)	-	**28,450**
Children and Young People					
ATTUNE project	-	17,254	(17,254)	-	**-**
Shifting the Dial	(999)	-	-	999	**-**
Changemakers project	-	100,870	(100,178)	-	**692**
Spirit of 2012 Evaluation	-	12,500	(6,250)	-	**6,250**
CYPMHC	82,233	120,320	(112,064)	-	**90,489**
Influencing Policy and Practice				-	
BDP Awareness Project	4,537	2,000	(6,537)	-	**-**
Mental health champions network	-	30,665	(8,805)	-	**21,860**
Total restricted funds	215,384	402,216	(392,676)	999	**225,923**
Unrestricted funds:					
General funds	781,820	1,060,163	(1,210,238)	(999)	**630,746**
Total unrestricted funds	781,820	1,060,163	(1,210,238)	(999)	**630,746**
Total funds	997,204	1,462,379	(1,602,914)		**856,669**

17b Movements in funds (prior year)

	At the start of the year £	Income & gains £	Expenditure & losses £	Transfers £	**At the end of the year £**
Restricted funds:					
Adults Research incl. Prisons and Criminal Justice					
St. Giles Trust evaluation	-	56,466	(56,466)	-	**-**
Creating a mentally healthy society CAF	-	149,599	(19,986)	-	**129,613**
Children and Young People					
ATTUNE project	-	7,325	(7,325)	-	**-**
Shifting the Dial	43,613	33,234	(77,846)	-	**(999)**
Culturally sensitive approaches to MH	-	4,500	(4,500)	-	**-**
Changemakers project	-	91,777	(91,777)	-	**-**
CYPMHC	65,584	120,563	(103,914)	-	**82,233**
Influencing Policy and Practice				-	
BDP Awareness Project	-	5,000	(463)	-	**4,537**
COPAT project	-	1,500	(1,500)	-	**-**
MHRG -Maudsley Charity's Grant	900	-	(900)	-	**-**
Total restricted funds	110,097	469,964	(364,677)	-	**215,384**
Unrestricted funds:					
General funds	770,802	952,241	(941,223)	-	**781,820**
Total unrestricted funds	770,802	952,241	(941,223)	-	**781,820**
Total funds	880,899	1,422,205	(1,305,900)	-	**997,204**

17 Purposes of restricted funds

Influencing Policy and Practice

BDP Awareness Project (Tale of Three Cities Goes Global 2022) -This is a collaboration between Centre for Mental Health, the Anna Freud Centre, 42nd Street, and Forward Thinking Birmingham to put on a series of events in the month of May 2022 around bipolar personality disorder. This has been funded by steering group members, such as MIND, and from the Cassel Hospitable Charitable Trust and Arnold Clarke to cover direct costs for the series of events. It will culminate in a celebration at Manchester Cathedral where young people with lived experience will gather to share their experiences.

Experience based investigation and co-design approaches to prevent and reduce Mental Health Act use' (**COPACT**) is a project funded by the National Institute for Health and Care Research (NIHR) and lead by University of Oxford. This project will run until March 2023 and the Centre will lead the patient and public involvement element of work and will engage with service users and advise on the design and delivery of the project.

The Mental Health Research Group (**MHRG**) - founded by the Centre and The Royal Foundation, was picked up by Maudsley Charity for phase 1 funding. This entailed forming a working group of prominent names and organisations within mental health research with the aim of influencing change in mental health research, this culminated in a paper with recommendations.

Children and Young People funding

Understanding mechanisms and mental health impacts of Adverse Childhood Experiences to co-design preventive arts and digital interventions' (**ATTUNE**) is a project funded by the Medical Research Council (MRC) and lead by University of Oxford. The project will run until August 2025 and the Centre's Associate Director for Children and Young People's Mental Health is a Co-Investigator on the project. The Centre will also be facilitating the Young People Advisory Group alongside Young People Cornwall.

Shifting the Dial is project founded by Big Lottery Fund (now National Lottery Community Fund). This is a partnership working to find ways to improve the resilience of young African Caribbean men. Four organisations have been funded over three years by National Lottery Community Fund: the Centre, Birmingham Repertory Theatre, First Class Legacy and Birmingham and Solihull Mental Health Foundation Trust.

Spirit of 2012 evaluation
The Spirit of 2012 provided additional funding to our partners on the Young Changemakers project, The Diana Award, to evaluate their anti-racist bullying training which aims to build on the Young Changemakers programme in schools. The Centre are conducting this evaluation on behalf of the Diana Award to track the training programme's impact on its beneficiaries.

CESAME: Culturally Engaged and Sensitive Approaches to Mental health Education
The project is a collaboration between Glasgow School of Art, De Montford University and the Centre, funding by UKRI's Emerging Minds network. The aim is to develop an approach that schools can use to promote good mental health that is tailored, culturally sensitive and inclusive.

Young **Changemakers** -this project is a collaboration between UK Youth, Centre for Mental Health, and The Diana Award and is funded by The People's Postcode Lottery and Comic Relief. The project will equip young people with the tools to produce youth-led social action projects aimed at tackling mental health inequalities in racialised communities. The Centre are responsible for evaluating the programme as well as providing policy influencing opportunities for the cohorts of young people. This will culminate in annual reports.

Children and Young People Mental Health Coalition (CYPMHC) a membership body that brings together leading charities to campaign jointly on the mental health and wellbeing of children and young people. It is hosted by Centre for Mental Health.

Shifting the Dial project came to an end in March 2022 with total overspent of £999 , the transfer from unrestricted to restriced funds is balancing off the overspent.

Adults Research incl. Prisons and Criminal Justice

St Giles Trust Evaluation-This project will evaluate an intervention of St Giles Trust and Project Future that aims to bridge people who receive this intervention into a range of supportive services that can address their health and social needs. The project began in July 2019 and will last for 2 years.

Creating mentally healthy society CAF - Alliance-building to create a mentally health society is funded by the Charities Aid Foundation (CAF) and lead by Rethink Mental Illness. The project aims to build and mobilise a coalition of the willing to facilitate good mental health and resilience in all areas of society, in particular four new alliance areas. The Centre will evaluate this project over two years which will culminate in a final report.

Place-based physical activity interventions evaluation
The Centre has been funded alongside Rethink Mental Illness to evaluate a three-year place-based physical activity intervention targeting people with a severe mental illness who are inactive. We are conducting an impact evaluation and proof of concept for two pilot sites.

18 Operating lease commitments

The charity and group's total future minimum lease payments under non-cancellable operating leases is as follows for each of the following periods:

	Property		Equipment	
	2023	2022	**2023**	2022
	£	£	**£**	£
Less than one year	**29,217**	25,584	**-**	-
One to five years	**14,608**	38,376	**-**	-
	43,825	63,960	**-**	-

19 Legal status of the charity

The charity is a company limited by guarantee and has no share capital. The liability of each member in the event of winding up is limited to £1.

CENTRE FOR MENTAL HEALTH

England & Wales - Charity number 1091156

Accounts

Company number: 4373019
Charity number: 1091156

Centre for Mental Health

Report and Financial Statements

5 April 2022

Centre for Mental Health

Reference and administrative details

For the year ended 5 April 2022

Company number	4373019	
Charity number	1091156	
Registered office and operational address	RM AG.22, 11-13 Cavendish Square London W1 G 0AN	
Trustees	Trustees, who are also directors under company law, who served during the year and up to the date of this report were as follows:	
	Professor Dame Susan Bailey	Chair
	Rt. Hon Lord Bradley of Withington	
	Sir Andrew Dillon	
	Lady Edwina Grosvenor	Retired 27 January 2022
	Mr Michael Morley	
	Mr Andre Tomlin	
	Professor Kamaldeep Singh Bhui	
	Poppy Jaman	
	Christopher Paul Chapman	Treasurer
Key management Personnel	Ms Sarah Hughes BA MA DipSW	Chief Executive
	Mr Andrew Bell BA MA	Deputy Chief Executive
	Ms Jan Hutchinson MSc MA DipSW	Director of Programmes
	Ms Agnieszka Dajczer MAcc	Associate Director of Finance and Resources
Bankers	National Westminster Bank 20 Dean Street London W1A 1SX	
Solicitors	Russell Cooke 8 Bedford Row London WC1R 4BX	
Auditors	Sayer Vincent LLP Chartered Accountants and Registered Auditors Invicta House 108-114 Golden Lane London EC1Y 0TL	

The trustees present their report and the audited financial statements for the year ended 5 April 2022.

Reference and administrative information set out on page 1 forms part of this report. The financial statements comply with current statutory requirements, the memorandum and articles of association and the Statement of Recommended Practice - Accounting and Reporting by Charities (FRS102, 2015).

Structure, governance & management

The organisation is a charitable company limited by guarantee, incorporated on 13 February 2002 and registered as a charity on 1 March 1985.

The company was established under a memorandum of association which established the objects and powers of the charitable company and is governed under its articles of association.

All trustees give their time voluntarily and receive no benefits from the charity. There were no trustee expenses reclaimed from the charity.

Centre for Mental Health is run by a Board of Trustees who are the Directors and Members of the charitable company; their details are set out above. Trustees concern themselves with matters of a strategic nature, deciding broad policy and ensuring good governance and compliance. Trustees meet regularly, both in plenary or in Committee groups to oversee the affairs of the Centre. Trustees are recruited for their expertise and experience in mental health, in charity governance, in fundraising and in financial management as well as their commitment to and enthusiasm for the Centre's aims and objectives.

The Nominations Committee oversees the recruitment, induction and training of all trustees. All trustees participate in external and internal training opportunities covering developments in mental health as well as charity governance and trustee responsibilities.

The Finance and Audit Committee has a special responsibility for issues of financial control, human resources, governance and risk management.

Remuneration Committee decides on staff reward including salaries.

Trustees delegate day to day management to the Executive team lead by the Chief Executive. Trustees are advised of the terms of reference for executive committees and processes for operational management.

The charity began a governance review in October 2021 using the Charity Governance Code as the basis for reviewing our current arrangements and identifying any necessary changes. As part of that process, we are carrying out a Trustee Skills Audit, reviewing our honorary roles, and continuing to address equality, diversity and inclusion throughout the organisation.

Objectives and activities

Centre for Mental Health is a charity with over 30 years' experience in providing life changing research, economic analysis and policy influence in mental health. Over the last decade, our work has expanded to include physical health, wellbeing, inequality and multiple disadvantages across the life course. We are international thought leaders contributing to innovation and ground breaking health and social change. By disentangling complex experiences and finding big ideas that can be shared, we have developed a reputation as the people who make sense and can provide evidence that helps and makes a difference in real time and in real life.

Purpose

To understand Mental Illness, to promote Mental Health and Wellbeing, and to challenge Inequality and Disadvantage throughout the life course.

- We drive through change and improvement to policy and practice
- We amplify the real experiences of those most affected by health inequality and mental health stigma and discrimination
- We shine a light on world class services and innovation through research, consultancy and evaluation

Way

- We work alongside partners using a side by side consultancy and research model
- We provide the highest quality health economics analysis
- We produce and communicate our world class reports and findings across agencies and communities
- We offer responsive, brave and relevant thought leadership for policy makers and collaborators

Impact

We will cease to exist when Equality for Mental Health is no longer considered out of our reach and that people receive the best understanding and intervention wherever they live, whenever they need it and without shame.

Beliefs

- We work across political, health and social boundaries, organisations and constructs
- We are values led and inspired by difference and diversity
- We know that even in the most established status quo change is possible if we make the best case

Achievements and performance in the delivery of public benefit

The charity's main activities and who it tries to help are described in detail below. All its charitable activities focus on the advancement of learning in the science and practice of mental health care, and are undertaken to further Centre for Mental Health's charitable purposes for the public benefit.

The trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning its future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives that have been set.

Fundraising

Centre for Mental Health welcomes voluntary donations but does not engage in direct public fundraising and does not use professional fundraisers or commercial participators. Centre for Mental Health nevertheless observes and complies with the relevant fundraising regulations and codes. During the year there was no non-compliance of these regulations and codes and Centre for Mental Health received no complaints relating to its fundraising practice.

Most of our income derives from contracts and grants. We are nonetheless registered with the fundraising regulator and follow their guidance when evaluating potential approaches to grant giving bodies.

Achievement of our objectives for 2021/22

During the last year, we have been focused on achieving the five high level goals set out in our five year strategy (for 2021-2025). These are:

1. To secure a whole government strategy for mental health and neurodiversity including housing, welfare, health, business, justice and defence.
2. To ensure that every child has a fair chance in life, and we see an increase in investment into early years support.
3. That people with mental health difficulties and neurodiversity get quality and values-driven health and social care services including physical health, work, housing and other basic needs.
4. That the government deal with the things we know make people ill, including poverty, racism, discrimination, exclusion, poor housing, punitive welfare systems, and systemic pressure.
5. To work within the Criminal Justice System to develop the best evidence for prevention, safe and secure prisons and resettlement to ensure people entering into the pathway have their mental and physical health needs met.

In the pursuit of these high level goals, during 2021/22 we:

- Continued to track the impact of the pandemic on the mental health of the nation, providing vital intelligence to national and local decision-makers.
- Worked with global partners to develop shared priorities, including the creation of a Global Consensus Statement on equitable access to vaccinations for people with mental health conditions
- Continued our Writer in Residence programme, with Ramone Whittle and Amy Pollard successively taking the role during the year.
- Campaigned for changes to the Health and Care Act to ensure the new system in England places mental health on a par with physical health and has a clear mandate to address inequalities.

- Began work on a major new three-year programme supporting Young Changemakers from racialised communities to embark on social action projects. The programme is a partnership between UK Youth, The Diana Award and Centre for Mental Health, funded by Comic Relief and the People's Postcode Lottery.
- Delivered bespoke training to mental health teams on Individual Placement and Support to enable more people to get effective help with employment.
- Worked towards becoming an Anti-Racist organisation, building on our anti-racism strategy, published in March 2021. We reviewed and updated our recruitment processes, and we have held two one-day workshops with our staff team to develop our ability to embed anti-racist action into all of our work.
- Completed the evaluation of Student Space, a resource designed to support students' mental health during the Covid-19 pandemic lockdowns and beyond, and a review of learning from London's mental health voluntary and community sector organisations during the pandemic.
- Completed the three-year Shifting the Dial project, working with young Black men in Birmingham on projects designed to boost wellbeing. The project concluded with a major report and a celebration event in the city.
- Published economic analyses of the priorities for both children's and adult mental health services, taking a long-term view of key areas for investment and reform.
- Published a review of the needs and experiences of girls in the Children and Young People's Secure Estate and a major report on the future of prison mental health services.
- Produced a manifesto for local councils on the steps they can take to reduce mental health inequalities in their communities.
- Published a review of inequities in mental health research, exploring how the research sector could better address inequalities in all aspects of its work.
- Published a major report on the mental health needs of people with long-term physical health conditions, in partnership with National Voices.
- Supported learning and system change in local and regional systems nationwide, including tailored work in Greater Manchester, Cambridgeshire and Peterborough, Greater London, and Surrey.
- Expanded our capacity to deliver our essential work through recruiting additional research team members, including a specialist children and young people's mental health researcher.

The impact of Covid-19 and other external factors on achieving our objectives

The Covid-19 pandemic has had a significant impact on the Centre's work and ways of working. It has changed the nature of our task through its impacts on mental health, creating new challenges and areas of work – for example in supporting people with mental health difficulties to get equitable access to vaccinations. It has also changed the way we work day-to-day, with the majority of staff working remotely long-term.

The trustees have considered the impact of the pandemic and other major national and international events on the Centre's work and sustainability. The Centre demonstrated that it was able to adapt to the pandemic

and make changes, for example to our office accommodation, to ensure we are sustainable and making efficient use of our resources in achieving our objectives.

The trustees will continue to monitor any impacts from other major events, including the impacts of Brexit, conflict in Ukraine and the climate crisis, on our work and our sustainability.

Financial Review

Unrestricted income for the year amounted to £952,241 (2020/21: £835,539) whilst unrestricted expenditure amounted to £941,223 (2020/21: £1,055,005). This resulted with a profit and increase in unrestricted funds for the year with amount of £11,018 (2020/21 deficit £219,466), as shown on the Statement of Financial Activities.

Activity within restricted funds has given a given rise to a surplus in the year of £105,287. This does not represent a call on unrestricted reserves, as the surplus of restricted funds is carried forward within projects that are active over a number of financial years. Details of these restricted activities and funds can be found in note 19a to the accounts.

Total consolidated funds carried forward as of 5 April 2022 are £997,204 (2020/21: £880,899).

Reserves Policy

Reserves are required to:

* smooth out surpluses and deficits year on year;

* replace capital expenditure or restructure the organisation;

* deal with the effects of any risks that materialise;

* allow the organisation to take on opportunities that may arise in a timely manner;

* deal with the unexpected.

Trustees are required to set an appropriate minimum level of reserves, and in doing so take into account these reasons for holding reserves, as well as current and future financial needs.

The trustees have decided to set minimum reserves set as:

● Winddown reserve– set as 3 months of anticipated core expenditure

● Cash flow reserve – set as 3 months' cycle calculated on 15 months cashflow forecast

As at 5 April 2022, that will require minimum free reserves of £600,000 to be held (2021: £600,000).

Group free reserves held at 5 April 2022 amounted to £781,820, being group net assets of £997,204, less restricted funds of £215,384.

The Trustees consider that the level of reserves held is within an appropriate margin of the minimum level as set, given the need to be able to respond to fundraising opportunities, and that the going concern basis remains appropriate for the preparation of the group's accounts. This policy is reviewed as necessary by Trustees and at least once a year as part of the annual reporting process.

Trading subsidiary

Centre for Mental Health Training Ltd is a wholly-owned subsidiary of Centre for Mental Health that carries out programme-related trading activity on behalf of the parent charity. During 2021/22 sales income was derived from several sources including IPS training courses and consultancy services. The subsidiary made a profit of £124,171 (2020/21: loss £12,946). The profit for 2021/22 has been donated via Gift Aid to the charitable parent in amount of £111,225. Further details are given in Note 11 to the financial statements.

Risk Management

The Trustees are responsible for the management of the risks faced by the charity. Detailed considerations of risk are delegated to the Finance and Audit Committee, which is assisted by senior charity staff and external experts. Risks are identified, assessed and controls established throughout the year. A formal review of the charity's risk management processes is undertaken on a regular basis.

The key risks faced by the charity include:

- Business Continuity and Disaster Recovery.
- Financial Stability, the context for the Centre are ever changing and therefore is an ongoing primary focus of risk management.
- Lack of diversity, the Centre has identified Diversity as a key element to a successful organisation therefore is also a significant priority for risk management strategies.
- Reputational damage, all charities must maintain the highest standards of practice, however the Centre understand the implications when things go wrong.
- Going concern consideration, both the senior management team and the trustees have considered the assumptions created for the going concern consideration and the resulting conclusions, using different levels of uncertainty over significant amounts income and have agreed appropriate actions should income not materialise as planned. They have concluded that there are currently no material uncertainties about going concern due to the relatively high percentage of budgeted income that has already been committed for the financial year ending 5 April 2022 and that, should further budgeted income not be secured, robust plans are in place to make any necessary reductions in expenditure to maintain going concern status.

The key controls used by the charity include:

- formal reporting of risk management processes to Trustees' meetings,
- weekly cash flow review,
- regular executive meetings where the risk register is discussed,
- detailed terms of reference for all sub-committees,
- comprehensive strategic planning, budgeting and management accounting,
- established organisational and governance structure and lines of reporting,
- formal written policies,
- hierarchical authorisation and approval levels.

The Centre has a business continuity action plan which Trustees reviewed in March 2021 to ensure we can continue to carry out our work and meet our obligations during the pandemic. The action plan enables all staff to work from home (with necessary equipment and adaptations) and that all our business processes can continue while staff, trustees and other stakeholders are all working remotely.

Through the risk management processes established by the charity, the Trustees are satisfied that the major risks identified have been adequately managed where necessary. It is recognised that systems can only provide reasonable but not absolute assurance that major risks have been adequately managed.

Objectives and activities planned for 2022/23

In 2022/23 we will continue to pursue the five high level goals for the charity within our five year strategy:

1. To secure a whole government strategy for mental health and neurodiversity including housing, welfare, health, business, justice and defence.
2. To ensure that every child has a fair chance in life, and we see an increase in investment into early years support.
3. That people with mental health difficulties and neurodiversity get quality and values-driven health and social care services including physical health, work, housing and other basic needs.
4. That the government deal with the things we know make people ill, including poverty, racism, discrimination, exclusion, poor housing, punitive welfare systems, and systemic pressure.
5. To work within the Criminal Justice System to develop the best evidence for prevention, safe and secure prisons and resettlement to ensure people entering into the pathway have their mental and physical health needs met.

To enable us to achieve these objectives, over the next year we will take steps including:

- We will provide evidence to government about the evidence-based priorities for its new ten year mental health plan.

- We will work with the NHS in England to support the delivery and updating of the NHS Long Term Plan's mental health elements.
- We will establish a network of mental health leaders working in Integrated Care Systems to support the local application of evidence-based approaches to reducing mental health inequalities.
- We will continue to work towards being an Anti-Racist organisation, continuing to implement and review our Action Plan, published in March 2021. This will include a review of the experiences of people working with the Centre from racialised communities.
- We will review our brand and identity to ensure that they reflect our values and purpose.
- We will develop our capacity to deliver high quality, cutting-edge work, building our multi-disciplinary team of staff and associates.
- We will build our peer research capability, in partnership with people with lived experience of mental health inequalities.
- We will work alongside local and regional systems to help them to apply evidence into practice. This includes supporting the West Midlands Mental Health Commission and ongoing work with local authorities in Greater Manchester.
- We will extend our international networks, working collaboratively with partners outside the UK to share learning and understanding globally.

Statement of responsibilities of the trustees

The trustees (who are also directors of Centre for Mental Health for the purposes of company law) are responsible for preparing the report of the trustees' and the 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 of the incoming resources and application of resources, including the income and expenditure, of the charitable company 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 the Charities SORP,
- make judgements and estimates that are reasonable and prudent,
- state whether applicable UK Accounting Standards and statements of recommended practice 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 charity 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, the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended)]. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the trustees are aware:

- there is no relevant audit information of which the charitable company's auditors are unaware; and
- the trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditors are aware of that information.

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.

Members of the charity guarantee to contribute an amount not exceeding £1 to the assets of the charity in the event of winding up. The total number of such guarantees at 5 April 2021 was 9 (2020 - 8). The trustees are members of the charity but this entitles them only to voting rights. The trustees have no beneficial interest in the group or the charity.

Auditors

Sayer Vincent LLP were re-appointed as the charitable company's auditors during the year and have expressed their willingness to continue in that capacity.

The report of the trustees has been prepared in accordance with the special provisions applicable to companies subject to the small companies' regime.

Approved by the trustees on 28 July 2022 and signed on their behalf by

Susan Bailey

Professor Dame Sue Bailey
Chairman

Independent auditor's report

To the members of

Centre for Mental Health

Opinion

We have audited the financial statements of The Centre for Mental Health (the 'charitable company') for the year ended 5 April 2022 which comprise the statement of financial activities, balance sheet, statement of cash flows and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including FRS 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 company's affairs as at 5 April 2022 and of its incoming resources and application of resources, including its income and expenditure for the year then ended
- Have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice
- Have been prepared in accordance with the requirements of the Companies Act 2006

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 company 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 Centre for Mental Health'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 other information comprises the information included in the trustees' annual report, other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. 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. 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 course of 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 this gives rise to a material misstatement in the financial statements themselves. 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' annual report for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- The trustees' annual 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 company and its environment obtained in the course of the audit, we have not identified material misstatements in the trustees' annual report. We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- 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; or
- The directors were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the trustees' annual report and from the requirement to prepare a strategic report.

Responsibilities of trustees

As explained more fully in the statement of trustees' responsibilities set out in the trustees' annual report, 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 company'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 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 are set out below.

Capability of the audit in detecting irregularities

In identifying and assessing risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, our procedures included the following:

- We enquired of management, which included obtaining and reviewing supporting documentation, concerning the charity's policies and procedures relating to:
- Identifying, evaluating, and complying with laws and regulations and whether they were aware of any instances of non-compliance;
- Detecting and responding to the risks of fraud and whether they have knowledge of any actual, suspected, or alleged fraud;
- The internal controls established to mitigate risks related to fraud or non-compliance with laws and regulations.
- We inspected the minutes of meetings of those charged with governance.
- We obtained an understanding of the legal and regulatory framework that the charity operates in, focusing on those laws and regulations that had a material effect on the financial statements or that had a fundamental effect on the operations of the charity from our professional and sector experience.
- We communicated applicable laws and regulations throughout the audit team and remained alert to any indications of non-compliance throughout the audit.

- We reviewed any reports made to regulators.
- We reviewed the financial statement disclosures and tested these to supporting documentation to assess compliance with applicable laws and regulations.
- We performed analytical procedures to identify any unusual or unexpected relationships that may indicate risks of material misstatement due to fraud.
- In addressing the risk of fraud through management override of controls, we tested the appropriateness of journal entries and other adjustments, assessed whether the judgements made in making accounting estimates are indicative of a potential bias and tested significant transactions that are unusual or those outside the normal course of business.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

A further description of our responsibilities is available 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. 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.

Judith Miller (Senior statutory auditor)
24 November 2022
for and on behalf of Sayer Vincent LLP, Statutory Auditor
Invicta House, 108-114 Golden Lane, LONDON, EC1Y 0TL

Centre for Mental Health

Consolidated statement of financial activities (incorporating an income and expenditure account)

For the year ended 5 April 2022

	Note	Unrestricted £	Restricted £	2022 Total £	Unrestricted £	Restricted £	2021 Total £
Income from:							
Donations and legacies	2	18,103	–	**18,103**	39,208	–	39,208
Charitable activities							
Employment Support Programme	3	173,942	–	**173,942**	112,396	(67,340)	45,056
Adults Research	3	233,355	206,065	**439,420**	144,563	84,500	229,063
Children and Young People	3	210,931	257,399	**468,330**	258,160	130,409	388,569
Economics	3	116,385	–	**116,385**	54,671	–	54,671
Influencing Policy and Practice	3	196,902	6,500	**203,402**	187,404	30,600	218,004
Other Programmes	3	2,511	–	**2,511**	38,610	–	38,610
Investments - Interest receivable		112	–	**112**	527	–	527
Total income		952,241	469,964	**1,422,205**	835,539	178,169	1,013,708
Expenditure on:							
Raising funds	4	161,791	–	**161,791**	167,007	–	167,007
Charitable activities							
Employment Support Programme	4	211,463	–	**211,463**	181,951	–	181,951
Adults Research	4	134,181	76,452	**210,633**	127,471	90,617	218,088
Children and Young People	4	56,520	285,362	**341,882**	236,862	95,176	332,038
Economics	4	126,250	–	**126,250**	119,148	–	119,148
Influencing Policy and Practice	4	251,018	2,863	**253,881**	199,424	56,938	256,362
Other programmes	4	–	–	**–**	23,142	–	23,142
Total expenditure		941,223	364,677	**1,305,900**	1,055,005	242,731	1,297,736
Net income / (expenditure) before transfers between funds	5	11,018	105,287	**116,305**	(219,466)	(64,562)	(284,028)
Transfers between funds		–	–	**–**	–	–	**–**
Net movement in funds		11,018	105,287	**116,305**	(219,466)	(64,562)	(284,028)
Reconciliation of funds:							
Total funds brought forward		770,802	110,097	**880,899**	990,268	174,659	1,164,927
Total funds carried forward		781,820	215,384	**997,204**	770,802	110,097	880,899

All of the above results are derived from continuing activities. There were no other recognised gains or losses other than those stated above. Movements in funds are disclosed in Note 19 to the financial statements.

Centre for Mental Health

Balance sheets

Company no. 4373019

As at 5 April 2022

	Note	The group		The charity	
		2022	2021	**2022**	2021
		£	**£**	**£**	£
Fixed assets:					
Investments	10	**–**	–	**1,000**	1,000
		–	–	**1,000**	1,000
Current assets:					
Debtors	13	**403,569**	187,926	**347,582**	183,785
Cash at bank and in hand		**948,642**	1,156,763	**694,192**	937,500
		1,352,211	1,344,689	**1,041,774**	1,121,285
Liabilities:					
Creditors: amounts falling due within one year	14	**355,007**	463,790	**156,796**	228,444
Net current assets		**997,204**	880,899	**884,978**	892,841
Total assets less current liabilities		**997,204**	880,899	**885,978**	893,841
Creditors: amounts falling due after one year	16	**–**	–	**–**	–
Total net assets	18	**997,204**	880,899	**885,978**	893,841
Funds:	19				
Restricted income funds		**215,384**	110,097	**215,384**	110,097
Unrestricted income funds:					
Designated funds		**–**	–	**–**	12,942
General funds		**781,820**	770,802	**670,594**	770,802
Total unrestricted funds		**781,820**	770,802	**670,594**	783,744
Total funds		**997,204**	880,899	**885,978**	893,841

Approved by the trustees on 28 July 2022 and signed on their behalf by

Susan Bailey

Professor Dame Susan Bailey
Chairman

Centre for Mental Health

Consolidated statement of cash flows

For the year ended 5 April 2022

	2022 £	2021 £
Cash flows from operating activities		
Net cash (used in) /provided by operating activities	**(208,233)**	(118,146)
Cash flows from investing activities:		
Dividends, interest and rents from investments	**112**	527
Change in cash and cash equivalents in the year	**(208,121)**	(117,619)
Cash and cash equivalents at the beginning of the year	**1,156,763**	1,274,382
Cash and cash equivalents at the end of the year	**948,642**	1,156,763

Reconciliation of net income / (expenditure) to net cash flow from operating activities

	2022 £	2021 £
Net expenditure for the reporting period (as per the statement of financial activities)	**116,305**	(284,028)
Dividends, interest and rent from investments	**(112)**	(527)
Decrease in debtors	**(215,643)**	60,723
Increase in creditors	**(108,783)**	105,686
Net cash provided (used in) operating activities	**(208,233)**	(118,146)

1 Accounting policies

a) Statutory information

Centre for Mental Health is a charitable company limited by guarantee and is incorporated in England & Wales. The registered office address is Technopark, Unit 2d21, 90 London Road, London, England, SE1 6LN.

b) Basis of preparation

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 (FRS 102) - (Charities SORP FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy or note.

These financial statements consolidate the results of the charitable company and its wholly-owned subsidiary Centre for Mental Health Training Limited on a line by line basis. Transactions and balances between the charitable company and its subsidiary have been eliminated from the consolidated financial statements. Balances between the two companies are disclosed in the notes of the charitable company's balance sheet. A separate statement of financial activities, or income and expenditure account, for the charitable company itself is not presented because the charitable company has taken advantage of the exemptions afforded by section 408 of the Companies Act 2006.

c) Public benefit entity

The charitable company meets the definition of a public benefit entity under FRS 102.

d) Going concern

The trustees consider that there are no material uncertainties about the charitable company's ability to continue as a going concern.

In order to arrive at this conclusion, the management and trustees have considered the financial and operating outlook of the charitable company using different levels of uncertainty over significant levels of unsecured income. Based on this assessment they have concluded that even in a worst-case scenario, with appropriate management actions identified should they be needed, the ability of the charitable company to continue operating will not be impacted during the year ahead.

The management and trustees will continue to review cash flow projections on a regular basis during this period and will implement appropriate actions, should they be needed, if cash flow balances were to fall below agreed trigger points.

The trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next reporting period.

1 Accounting policies (continued)

e) Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the income have been met, it is probable that the income will be received and that the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

For legacies, 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(s) to the charity that a distribution will be made, or when a distribution is received from the estate. 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. Where legacies have been notified to the charity, or the charity is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is a treated as a contingent asset and disclosed if material.

Income received in advance of the provision of a specified service is deferred until the criteria for income recognition are met.

f) Donations of gifts, services and facilities

Donated professional services and donated facilities are recognised as income when the charity has control over the item or received the service, any conditions associated with the donation have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), volunteer time is not recognised so refer to the trustees' annual report for more information about their contribution.

On receipt, donated gifts, professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

g) Interest receivable

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.

h) Fund accounting

Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets these criteria is charged to the fund.

Unrestricted funds are donations and other incoming resources received or generated for the charitable purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular purposes.

i) Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

- Costs of raising funds relate to the costs incurred by the charitable company in inducing third parties to make voluntary contributions to it, as well as the cost of any activities with a fundraising purpose
- Expenditure on charitable activities includes the costs of carrying out research, collating and communicating the findings, being work undertaken to further the purposes of the charity and their associated support costs
- Other expenditure represents those items not falling into any other heading

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

1 Accounting policies (continued)

j) Allocation of support costs

Resources expended are allocated to the particular activity where the cost relates directly to that activity. However, the cost of overall direction and administration of each activity, comprising the salary and overhead costs of the central function, is apportioned on the following basis which are an estimate, based on staff time, of the amount attributable to each activity.

Where such information about the aims, objectives and projects of the charity is also provided to potential donors, activity costs are apportioned between fundraising and charitable activities on the basis of area of literature occupied by each activity.

- Employment Support 15%
- Adults Research incl. Prisons and Criminal Justice 18%
- Children and Young People 23%
- Economics 11%
- Influencing policy and practice 19%
- Costs of raising funds 14%

k) Operating leases

Rental charges are charged on a straight line basis over the term of the lease.

l) Investments in subsidiary

Investments in the subsidiary are at cost.

m) Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

n) Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

o) Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

p) Pensions

The charity participated in two defined benefit pension schemes, both of which were contracted out of the State Second Pension (S2P) until 31 March 2016. Assets for both schemes are held in separate, trustee-administered funds. Only three employees were active members of the schemes during the year (2 for the USS scheme and 1 for the NHS scheme), and all other employees were eligible to join the company's stakeholder pension scheme. The charity has withdrawn from USS pension scheme with effect from 31 May 2021 and all the full arsing lability was fully paid by our guarantor, The Gatsby Foundation Trust. The only participating member in NHS scheme retired on 30 September 2021. The charity's staging date for pensions auto-enrolment was 1 April 2016, and any relevant staff not previously participating in a pension scheme were auto-enrolled at that date.

2 Income from donations and legacies

	Unrestricted £	Restricted £	2022 Total £	Unrestricted £	Restricted £	2021 Total £
Donations	18,103	–	**18,103**	39,208	–	39,208
	18,103	–	**18,103**	39,208	–	39,208

3 Income from charitable activities

	Unrestricted £	Restricted £	2022 Total £	Unrestricted £	Restricted £	2021 Total £
City Bridge Trust	–	–	**–**	–	(67,340)	(67,340)
IPS training income	173,942	–	**173,942**	90,505	–	90,505
Other income - Employment Support Programme	–	–	**–**	21,891	–	21,891
Sub-total for Employment Support Programme	173,942	–	**173,942**	112,396	(67,340)	45,056
St. Giles Trust	–	56,466	**56,466**	–	48,000	48,000
Mental Health UK	–	–	**–**	–	36,500	36,500
NHS England	73,509	–	**73,509**	85,989	–	85,989
MIND Haringey	7,588	–	**7,588**	7,588	–	7,588
Comic Relief	–	–	**–**	34,904	–	34,904
MHFA	–	–	**–**	11,857	–	11,857
Charities Aid Foundation	–	149,599	**149,599**	–	–	–
DHSC	53,450	–	**53,450**	–	–	–
The Mayor's Office of Policing	38,525	–	**38,525**	–	–	–
Greater London Authority	13,233	–	**13,233**	–	–	–
NHS Cambridgeshire and Peter	44,300	–	**44,300**	–	–	–
Rethink Mental Health	–	–	**–**	2,875	–	2,875
Other income	2,750	–	**2,750**	1,350	–	1,350
Sub-total for Adults	233,355	206,065	**439,420**	144,563	84,500	229,063

3 Income from charitable activities (continued)

University of Oxford	2,100	–	**2,100**	2,100	–	2,100
CYPMHC- various founders	–	120,563	**120,563**	–	74,534	74,534
Big Lottery Found	–	33,234	**33,234**	–	54,575	54,575
BBC Children in Needs	30,776	–	**30,776**	43,451	–	43,451
Bradford Districts CCG	–	–	**–**	7,500	–	7,500
University of Glasgow	–	4,500	**4,500**	–	1,300	1,300
Emerging Minds	2,250	–	**2,250**	3,750	–	3,750
The Independent Monitoring Board	–	–	**–**	3,900	–	3,900
Comic Relief	–	–	**–**	9,037	–	9,037
LGA Improvement & Development Agency	–	–	**–**	12,750	–	12,750
The Youth Endowment Fund	–	–	**–**	31,910	–	31,910
NHS England	110,159	–	**110,159**	98,412	–	98,412
The Prudence Trust	–	–	**–**	6,700	–	6,700
Medical Research Council	–	7,325	**7,325**	–	–	–
Centre 33	11,792	–	**11,792**	11,792	–	11,792
PPL & Comic Relief	–	91,777	**91,777**	–	–	–
MIND	12,445	–	**12,445**	11,200	–	11,200
NIHR	8,975	–	**8,975**	–	–	–
SKSST	14,000	–	**14,000**	–	–	–
Student Minds	16,626	–	**16,626**	15,325	–	15,325
Other income - Children and Young People	1,808	–	**1,808**	333	–	333
Sub-total for Children and Young People	210,931	257,399	**468,330**	258,160	130,409	388,569

3 Income from charitable activities (continued)

	Unrestricted	Restricted	2022 Total	Unrestricted	Restricted	2021 Total
Lankelly Chase	–	–	–	–	20,600	20,600
NHS Trafford CCG	35,416	–	35,416	–	–	–
British Embassy Bangkok	–	–	–	9,750	–	9,750
Maudsley Charity	–	–	–	–	10,000	10,000
National Voices	6,000	–	6,000	28,998	–	28,998
Forces in Mind Trust	17,348	–	17,348	–	–	–
NHS Confederation	–	–	–	24,168	–	24,168
WMCA	3,812	–	3,812	–	–	–
Hertfordshire County Council	–	–	–	4,650	–	4,650
MIND	3,000	–	3,000	–	–	–
MMHA	–	–	–	2,800	–	2,800
NHIR	14,183	1,500	15,683	–	–	–
Royal College of Nursing	–	–	–	1,000	–	1,000
UCL	6,500	–	6,500	4,500	–	4,500
Health Education England	10,000	–	10,000	10,229	–	10,229
Greater London Authority	–	–	–	6,617	–	6,617
Various	27,616	5,000	32,616	13,868	–	13,868
LGA Improvement &	18,202	–	18,202	12,750	–	12,750
MMHA	8,750	–	8,750	–	–	–
NHS England	–	–	–	61,524	–	61,524
BACP	19,775	–	19,775	–	–	–
Surrey County Council	16,300	–	16,300	4,050	–	4,050
Surrey & Border Partnership	10,000	–	10,000	–	–	–
Royal College of Psychiatrists	–	–	–	2,500	–	2,500
Sub-total for Influencing policy and practice	196,902	6,500	203,402	187,404	30,600	218,004
NHS Confederation	77,185		77,185	35,850	–	35,850
MMHA	11,100	–	11,100	–	–	–
Coventry University	9,950	–	9,950	–	–	–
NHS England	–	–	–	3,500	–	3,500
Pennine NHS FT	–	–	–	5,521	–	5,521
Zurich Community Trust	18,150	–	18,150	9,800	–	9,800
Sub-total for Economics	116,385	–	116,385	54,671	–	54,671
Forces in Mind Trust	–	–	–	23,940	–	23,940
Gov.uk	2,511	–	2,511	6,287	–	6,287
Other income	–	–	–	8,383	–	8,383
Sub-total for Other	2,511	–	2,511	38,610	–	38,610
Total income from charitable	934,026	469,964	1,403,990	795,804	178,169	973,973

4a

		Charitable activities								
	Cost of raising funds	Employment Support Programme	Adults Research incl. PCJ	Children and Young People	Economics	Influencing Policy and Practice	Other Programmes	Support and governance costs	**2022 Total**	2021 Total
	£	£	£	£		£	£	£	**£**	£
Staff costs (Note 6)	125,347	129,028	162,189	203,896	98,045	169,321	–	128,294	**1,016,120**	992,856
Direct project costs	2,314	46,234	3,640	76,946	1,925	35,549	–	11,090	**177,698**	200,950
Travel and subsistence	187	163	–	1,196	–	248	–	811	**2,605**	–
Printing, postage and stationery	–	58	–	41	–	–	–	1,793	**1,892**	1,954
IT costs	177	–	1,799	4,051	–	1,844	–	24,755	**32,626**	30,324
Communication and events	–	–	–	–	–	–	–	300	**300**	–
Establishment costs	317	142	–	801	–	1,525	–	60,462	**63,247**	60,739
Legal, finance and other	–	–	–	–	–	–	–	13	**13**	13
Audit	–	–	–	–	–	–	–	11,400	**11,400**	10,900
	128,342	175,625	167,628	286,931	99,970	208,487	–	238,918	**1,305,901**	1,297,736
Support and governance costs	33,449	35,838	43,005	54,951	26,280	45,394	–	(238,918)	**–**	–
Total expenditure 2022	**161,791**	**211,463**	**210,633**	**341,882**	**126,250**	**253,881**	**–**	**–**	**1,305,901**	
Total expenditure 2021	167,007	181,951	218,088	332,038	119,148	256,362	23,142	–	**1,297,736**	

Of the total expenditure £941,223 was unrestricted (2021: £1,055,005) and £364,677 was restricted (2021: £242,731).

4b

		Charitable activities							
	Cost of raising funds	Employment Support Programme	Adults Research incl. PCJ	Children and Young People	Economics	Influencing Policy and Practice	Other Programmes	Support and governance costs	2021 Total
	£	£	£	£		£	£	£	£
Staff costs (Note 6)	127,628	124,004	150,339	159,995	92,239	179,670	15,729	143,252	**992,856**
Direct project costs	1,890	21,672	22,662	121,820	530	25,913	2,617	3,846	**200,950**
Travel and subsistence	–	–	–	–	–	–	–	–	**–**
Printing, postage and stationery	–	–	32	51	–	33	–	1,838	**1,954**
IT costs	835	–	1,297	2,935	–	1,707	–	23,550	**30,324**
Communication and events	–	–	–	–	–	–	–	–	**–**
Establishment costs	682	303	592	1,673	–	1,078	–	56,411	**60,739**
Legal, finance and other	–	–	–	–	–	–	–	13	**13**
Audit	–	–	–	–	–	–	–	10,900	**10,900**
	131,035	145,979	174,922	286,474	92,769	208,401	18,346	239,810	**1,297,736**
Support and governance costs	35,972	35,972	43,166	45,564	26,379	47,961	4,796	(239,810)	**–**
Total expenditure 2021	**167,007**	**181,951**	**218,088**	**332,038**	**119,148**	**256,362**	**23,142**	**–**	**1,297,736**

5 Net income/(expenditure) for the year

This is stated after charging:

	2022	2021
	£	£
Operating lease rentals:		
Other	1,205	1,607
Auditors' remuneration (excluding VAT):		
Audit	11,400	10,900

6 Analysis of staff costs, trustee remuneration and expenses, and the cost of key management personnel

Staff costs were as follows:

	2022	2021
	£	£
Salaries and wages	881,455	812,223
Social security costs	92,850	85,640
Employer's contribution to defined contribution pension schemes	10,195	43,027
Operating costs of defined benefit pension schemes	31,620	51,966
	1,016,120	992,856

The following number of employees received employee benefits (excluding employer pension costs and employer's national insurance) during the year between:

	2022	2021
	No.	No.
£60,000 - £69,999	1	2
£70,000 - £79,999	1	-
£80,000 - £89,999	1	1
£90,000 - £99,999	-	1

The total employee benefits (including pension contributions and employer's national insurance) of the key management personnel were £350,525 (2021: £366,791).

The charity trustees were not paid or received any other benefits from employment with the charity in the year (2021: £nil). No charity trustee received payment for professional or other services supplied to the charity (2021: £nil). No trustees' expenses were reimbursed during the financial year (2021: £nil).

7 Staff numbers

The average number of employees (head count based on number of staff employed) during the year was as follows: 24.3 (2021: 20.9)

	2022 No.	2021 No.
Raising funds	**2.0**	2.0
Employment Support Programme	**3.0**	2.0
Adults research	**2.6**	2.2
Children and Young People	**4.6**	3.7
Influencing Policy and Practice	**5.7**	4.0
Economics	**2.0**	2.0
Support	**3.4**	4.0
Governance	**1.0**	1.0
	24.3	20.9

8 Related party transactions

There are no donations from related parties which are outside the normal course of business and no restricted donations from related parties.

9 Taxation

The charity is exempt from corporation tax as all its income is charitable and is applied for charitable purposes. The charity's trading subsidiary Centre for Mental Health Training Limited gift aids available profits to the parent charity. Its charge to corporation tax in the year was:

	2022 £	2021 £
UK corporation tax at 19% (2021: 19%)	**-**	-

10 Investments

Investments comprise:

	The group		The charity	
	2022 £	2021 £	2022 £	2021 £
Unlisted shares in UK registered companies	**-**	-	**1,000**	1,000
	-	-	**1,000**	1,000

The investments comprise the whole of the issued ordinary share capital of Centre for Mental Health Training Ltd and are shown at par.

11 Subsidiary undertaking

The charitable company owns the whole of the issued ordinary share capital of Centre for Mental Health Training Limited, a company registered in England. The subsidiary is used solely for primary purpose trading activities. All activities have been consolidated on a line by line basis in the statement of financial activities. Available profits are gift aided to the charitable company. A summary of the results of the subsidiary is shown below:

	2022	2021
	£	£
Turnover	609,208	391,985
Cost of sales	(485,064)	(405,047)
Gross profit	124,144	(13,062)
Administrative expenses	-	-
Other operating income	-	-
Operating profit / (loss)	124,144	(13,062)
Interest receivable	27	116
Profit / (loss) on ordinary activities	124,171	(12,946)
Donation under gift aid to parent undertaking	-	(49,547)
Profit / (loss) for the financial year	124,171	(62,493)
The aggregate of the assets, liabilities and funds was:		
Assets	404,310	337,924
Liabilities	(292,085)	(349,871)
Funds	112,225	(11,947)

12 Parent charity

The parent charity's gross income and the results for the year are disclosed as follows:

	2022	2021
	£	£
Gross income	1,182,705	965,098
Result for the year	(7,866)	(221,535)

13 Debtors

	The group		The charity	
	2022	2021	2022	2021
	£	£	£	£
Fees and charges	324,062	166,829	175,108	48,474
Other debtors	64,609	14,530	64,609	14,530
Prepayments	14,898	6,567	13,991	6,261
Inter-company debtor	-	-	93,874	114,520
	403,569	187,926	347,582	183,785

14 Creditors: amounts falling due within one year

	The group		The charity	
	2022	2021	**2022**	2021
	£	£	**£**	£
Trade creditors	**24,845**	59,067	**10,284**	52,367
Taxation and social security	**27,029**	29,729	**27,029**	29,729
VAT creditor	**103,399**	87,932	**59,996**	51,985
Accruals	**26,223**	37,096	**24,523**	32,096
Deferred income	**173,511**	249,966	**34,964**	62,267
	355,007	463,790	**156,796**	228,444

15 Deferred income

Deferred income comprises income invoiced for training and consultancy services in advance.

	The group		The charity	
	2022	2021	**2022**	2021
	£	£	**£**	£
Balance at the beginning of the year	**249,970**	109,762	**62,266**	34,783
Amount released to income in the year	**(315,585)**	(202,151)	**(62,266)**	(43,683)
Amount deferred in the year	**239,133**	342,359	**34,963**	71,166
Balance at the end of the year	**173,518**	**249,970**	**34,963**	62,266

16 Creditors: amounts falling due after one year

	The group		The charity	
	2022	2021	**2022**	2021
	£	£	**£**	£
Accruals - pension obligations	**-**	-	**-**	-
	-	-	**-**	-

17 Pension scheme

Employees of Centre for Mental Health and its subsidiary who joined the organisation on 1 December 2009 or thereafter have access to a flexible contributory group personal pension scheme. Employer contributions to the scheme during the year amounted to £78,190 (2020/21 £51,966).

NHS Pension Scheme

One employee remained a member of the NHS Pension Scheme during period April 2021 to September 2021 and retired on 30th September 2021.

Details of the benefits payable under these provisions can be found on the NHS Pensions website at www.pensions.nhsbsa.nhs.uk. The Scheme is an unfunded, defined benefit scheme that covers NHS employers, General Practitioners and other bodies, allowed under the direction of the Secretary of State, in England and Wales. The scheme is not designed to be run in a way that would enable the Centre to identify its share of the underlying Scheme assets and liabilities. Therefore, the Scheme is accounted for as if it were a defined contribution scheme and the amount of £4,478 (2020/21: £8,726) charged to the Statement of Financial Activities represents employers' contributions payable to the scheme in respect of the accounting period. The rate of employer's contributions during the year remained constant at 14.38 % of pensionable salaries. The rates for employees' contributions have remained unchanged since last year at 9.60% of pensionable earnings.

A valuation of scheme liability is carried out annually by the scheme actuary (currently the Government Actuary's Department) as at the end of the reporting period. This utilises an actuarial assessment for the previous accounting period in conjunction with updated membership and financial data for the current reporting period, and is accepted as providing suitably robust figures for financial reporting purposes. The valuation of the scheme liability as at 31 March 2021, is based on valuation data as 31 March 2020, updated to 31 March 2021 with summary global member and accounting data. In undertaking this actuarial assessment, the methodology prescribed in IAS 19, relevant FReM interpretations, and the discount rate prescribed by HM Treasury have also been used.

The latest assessment of the liabilities of the scheme is contained in the report of the scheme actuary, which forms part of the annual NHS Pension Scheme Accounts. These accounts can be viewed on the NHS Pensions website and are published annually. Copies can also be obtained from The Stationery Office.

The purpose of this valuation is to assess the level of liability in respect of the benefits due under the schemes (taking into account recent demographic experience), and to recommend contribution rates payable by employees and employers.

The latest actuarial valuation undertaken for the NHS Pension Scheme was completed as at 31 March 2016. The results of this valuation set the employer contribution rate payable from April 2019 to 20.6% of pensionable pay. The 2016 funding valuation was also expected to test the cost of the Scheme relative to the employer cost cap that was set following the 2012 valuation. In January 2019, the Government announced a pause to the cost control element of the 2016 valuations, due to the uncertainty around member benefits caused by the discrimination ruling relating to the McCloud case.

The Government subsequently announced in July 2020 that the pause had been lifted, and so the cost control element of the 2016 valuations could be completed. The Government has set out that the costs of remedy of the discrimination will be included in this process. HMT valuation directions will set out the technical detail of how the costs of remedy will be included in the valuation process. The Government has also confirmed that the Government Actuary is reviewing the cost control mechanism (as was originally announced in 2018). The review will assess whether the cost control mechanism is working in line with original government objectives and reported to Government in April 2021. The findings of this review will not impact the 2016 valuations, with the aim for any changes to the cost cap mechanism to be made in time for the completion of the 2020 actuarial valuations.

Access to the NHS pension scheme is restricted to staff members who have retained the benefit as an element of authorised transfers in from other employments.

*** Update on prior year post balance sheet event**

In November 2015 Centre for Mental Health's trustees commissioned Cartwrights, a firm of actuarial advisers, to update advice regarding Section 75 debt which would be triggered at a future date when there are no more active scheme members. Since July 2018, Centre for Mental Health's trustees have been in discussions with USS pension and our guarantor Gatsby Charitable Foundation to withdraw the Centre from the scheme. Formal letter requesting approval to exit the scheme has been submitted to USS trustees for their decision at May 2021 board meeting, which was approved. The Centre has written to USS Trustees to exit the scheme with 31 May 2021 effectively triggering section 75 debt. GATSBY Charitable Foundation as our guarantor has agreed to pay the liability directly to the USS on behalf of Centre for Mental Health on the receipt of the final invoice issued by USS. The liability paid by the Gatsby included provision for a liability of £46,570 which existed in our prior year accounts and was settled by the contingent assets in this accounting period.

18a Analysis of group net assets between funds (current year)

	General unrestricted £	Designated funds £	Restricted funds £	**Total funds £**
Net current assets	781,820	-	215,384	**997,204**
Long term liabilities	-	-	-	**-**
Net assets at the end of the year	**781,820**	**-**	**215,384**	**997,204**

18b Analysis of group net assets between funds (prior year)

	General unrestricted £	Designated funds £	Restricted funds £	**Total funds £**
Net current assets	770,802	-	110,097	**880,899**
Long term liabilities	-	-	-	**-**
Net assets at the end of the year	**770,802**	**-**	**110,097**	**880,899**

19a Movements in funds (current year)

	At the start of the year £	Income & gains £	Expenditure & losses £	Transfers £	At the end of the year £
Restricted funds:					
Adults Research incl. Prisons and Criminal Justice					
St. Giles Trust evaluation	–	56,466	(56,466)	–	–
Creating a mentally healthy society	–	149,599	(19,986)	–	**129,613**
Children and Young People					
ATTUNE project	–	7,325	(7,325)	–	–
Shifting the Dial	43,613	33,234	(77,846)	–	**(999)**
Culturally sensitive approaches to MH education (CESAME)	–	4,500	(4,500)	–	–
Changemakers project	–	91,777	(91,777)	–	–
CYPMHC	65,584	120,563	(103,914)	–	**82,233**
Influencing Policy and Practice				–	
BDP Awareness Project	–	5,000	(463)	–	**4,537**
COPAT project	–	1,500	(1,500)	–	–
MHRG –Maudsley Charity's Grant	900	–	(900)	–	–
Total restricted funds	110,097	469,964	(364,677)	–	215,384
Unrestricted funds:					
General funds	770,802	952,241	(941,223)	–	**781,820**
Total unrestricted funds	770,802	952,241	(941,223)	–	**781,820**
Total funds	880,899	1,422,205	(1,305,900)	–	**997,204**

19b Movements in funds (prior year)

	At the start of the year £	Income & gains £	Expenditure & losses £	Transfers £	At the end of the year £
Restricted funds:					
Employment Support					
City Bridge Trust	67,340	(67,340)	–	–	–
Adults Research incl. Prisons and Criminal Justice					
St. Giles Trust evaluation	6,117	48,000	(54,117)	–	–
Evaluation of Clic	–	36,500	(36,500)	–	
Children and Young People					
Shifting the Dial	6,262	54,575	(17,224)	–	**43,613**
Culturally sensitive approaches to MH education (CESAME)	–	1,300	(1,300)	–	–
CYPMHC	67,702	74,534	(76,652)	–	**65,584**
Influencing Policy and Practice					
Elliot Simmons CT	1,744	–	(1,744)	–	–
Crisis Care Commission	25,494	–	(25,494)	–	–
MHRG -Maudsley Charity's Grant	–	10,000	(9,100)	–	**900**
Synergi- advice and support around policy work (Lankelly Chase)	–	20,600	(20,600)	–	–
Total restricted funds	174,659	178,169	(242,731)	–	**110,097**
Unrestricted funds:					
Designated funds:					
Core funding reserve	390,268	–	–	(390,268)	–
Total designated funds	390,268	–	–	(390,268)	–
General funds	600,000	835,539	(1,055,005)	390,268	**770,802**
Total unrestricted funds	990,268	835,539	(1,055,005)	–	**770,802**
Total funds	1,164,927	1,013,708	(1,297,736)	–	**880,899**

19 Purposes of restricted funds

Influencing Policy and Practice

BDP Awareness Project (Tale of Three Cities Goes Global 2022) -This is a collaboration between Centre for Mental Health, the Anna Freud Centre, 42nd Street, and Forward Thinking Birmingham to put on a series of events in the month of May 2022 around bipolar personality disorder. This has been funded by steering group members, such as MIND, and from the Cassel Hospitable Charitable Trust and Arnold Clarke to cover direct costs for the series of events. It will culminate in a celebration at Manchester Cathedral where young people with lived experience will gather to share their experiences.

Experience based investigation and co-design approaches to prevent and reduce Mental Health Act use' (**COPACT**) is a project funded by the National Institute for Health and Care Research (NIHR) and lead by University of Oxford. This project will run until March 2023 and the Centre will lead the patient and public involvement element of work and will engage with service users and advise on the design and delivery of the project.

The Mental Health Research Group (**MHRG**) - founded by the Centre and The Royal Foundation, was picked up by Maudsley Charity for phase 1 funding. This entailed forming a working group of prominent names and organisations within mental health research with the aim of influencing change in mental health research, this culminated in a paper with recommendations.

Children and Young People funding

Understanding mechanisms and mental health impacts of Adverse Childhood Experiences to co-design preventive arts and digital interventions' (**ATTUNE**) is a project funded by the Medical Research Council (MRC) and lead by University of Oxford. The project will run until August 2025 and the Centre's Associate Director for Children and Young People's Mental Health is a Co-Investigator on the project. The Centre will also be facilitating the Young People Advisory Group alongside Young People Cornwall.

Shifting the Dial is project founded by Big Lottery Fund (now National Lottery Community Fund). This is a partnership working to find ways to improve the resilience of young African Caribbean men. Four organisations have been funded over three years by National Lottery Community Fund: the Centre, Birmingham Repertory Theatre, First Class Legacy and Birmingham and Solihull Mental Health Foundation Trust.

CESAME: Culturally Engaged and Sensitive Approaches to Mental health Education
The project is a collaboration between Glasgow School of Art, De Montford University and the Centre, funding by UKRI's Emerging Minds network. The aim is to develop an approach that schools can use to promote good mental health that is tailored, culturally sensitive and inclusive.

Young **Changemakers** -this project is a collaboration between UK Youth, Centre for Mental Health, and The Diana Award and is funded by The People's Postcode Lottery and Comic Relief. The project will equip young people with the tools to produce youth-led social action projects aimed at tackling mental health inequalities in racialised communities. The Centre are responsible for evaluating the programme as well as providing policy influencing opportunities for the cohorts of young people. This will culminate in annual reports.

Children and Young People Mental Health Coalition (CYPMHC) a membership body that brings together leading charities to campaign jointly on the mental health and wellbeing of children and young people. It is hosted by Centre for Mental Health.

Adults Research incl. Prisons and Criminal Justice

St Giles Trust Evaluation-This project will evaluate an intervention of St Giles Trust and Project Future that aims to bridge people who receive this intervention into a range of supportive services that can address their health and social needs. The project began in July 2019 and will last for 2 years.

Creating mentally healthy society CAF - Alliance-building to create a mentally health society is funded by the Charities Aid Foundation (CAF) and lead by Rethink Mental Illness. The project aims to build and mobilise a coalition of the willing to facilitate good mental health and resilience in all areas of society, in particular four new alliance areas. The Centre will evaluate this project over two years which will culminate in a final report.

Purposes of designated funds

The core funding reserve represents funds designated by the trustees to meet shortfalls arising while the organisation builds its capacity and experience in fundraising.

20 Operating lease commitments

The charity and group's total future minimum lease payments under non-cancellable operating leases is as follows for each of the following periods:

	Property		Equipment	
	2022	2021	**2022**	2021
	£	£	**£**	£
Less than one year	**25,584**	-	**-**	938
One to five years	**38,376**	-	**-**	-
	63,960	-	**-**	938

21 Legal status of the charity

The charity is a company limited by guarantee and has no share capital. The liability of each member in the event of winding up is limited to £1.

CENTRE FOR MENTAL HEALTH

England & Wales - Charity number 1091156

Accounts

Company number: 4373019
Charity number: 1091156

Centre for Mental Health

Report and Financial Statements

5 April 2021

Centre for Mental Health

Reference and administrative details

For the year ended 5 April 2021

Company number	4373019	
Charity number	1091156	
Registered office and operational address	Office 2D21, South Bank Technopark London SE1 6LB	
Trustees	Trustees, who are also directors under company law, who served during the year and up to the date of this report were as follows:	
	Professor Dame Susan Bailey	Chair
	Mr Richard Andrew Fass	Treasurer Retired 21 January 2021
	Rt. Hon Lord Bradley of Withington	
	Sir Andrew Dillon	
	Lady Edwina Grosvenor	
	Mr Michael Morley	
	Mr Andre Tomlin	
	Professor Kamaldeep Singh Bhui	
	Poppy Jaman	Appointed 22 July 2020
	Christopher Paul Chapman	Treasurer Appointed 28 January 2021
Key management Personnel	Ms Sarah Hughes BA MA DipSW	Chief Executive
	Mr Andrew Bell BA MA	Deputy Chief Executive
	Ms Jan Hutchinson MSc MA DipSW	Director of Programmes
	Ms Agnieszka Dajczer MAcc	Financial Controller
Bankers	National Westminster Bank 20 Dean Street London W1A 1SX	
Solicitors	Russell Cooke 8 Bedford Row London WC1R 4BX	
Auditors	Sayer Vincent LLP Chartered Accountants and Registered Auditors Invicta House 108-114 Golden Lane London EC1Y 0TL	

The trustees present their report and the audited financial statements for the year ended 5 April 2021.

Reference and administrative information set out on page 1 forms part of this report. The financial statements comply with current statutory requirements, the memorandum and articles of association and the Statement of Recommended Practice - Accounting and Reporting by Charities (FRS102, 2015).

Structure, governance & management

The organisation is a charitable company limited by guarantee, incorporated on 13 February 2002 and registered as a charity on 1 March 1985.

The company was established under a memorandum of association which established the objects and powers of the charitable company and is governed under its articles of association. These objects and powers are now included within the articles of association.

All trustees give their time voluntarily and receive no benefits from the charity. There were no trustee expenses reclaimed from the charity.

Centre for Mental Health is run by a Board of Trustees who are the Directors and Members of the charitable company; their details are set out above. Trustees concern themselves with matters of a strategic nature, deciding broad policy and ensuring good governance and compliance. Trustees meet regularly, both in plenary or in Committee groups to oversee the affairs of the Centre. Trustees are recruited for their expertise and experience in mental health, in charity governance, in fundraising and in financial management as well as their commitment to and enthusiasm for the Centre's aims and objectives.

The Nominations Committee oversees the recruitment, induction and training of all trustees. All trustees participate in external and internal training opportunities covering developments in mental health as well as charity governance and trustee responsibilities.

The Finance and Audit Committee has a special responsibility for issues of financial control, human resources, governance and risk management.

Remuneration Committee decides on staff reward including salaries. Periodically the salaries are benchmark against market conditions for similar posts. Each year consideration is given to changes in job roles, staff performance and cost of living increases, any awarded increases are subject to affordability.

Trustees delegate day to day management to the Executive team lead by the Chief Executive. Trustees are advised of the terms of reference for executive committees and processes for operational management.

Objectives and activities

Centre for Mental Health is a charity with over 30 years' experience in providing life changing research, economic analysis and policy influence in mental health. Over the last decade, our work has expanded to include physical health, wellbeing, inequality and multiple disadvantages across the life course. We are international thought leaders contributing to innovation and ground breaking health and social change. By disentangling complex experiences and finding big ideas that can be shared, we have developed a reputation as the people who make sense and can provide evidence that helps and makes a difference in real time and in real life.

Purpose

To understand Mental Illness, to promote Mental Health and Wellbeing, and to challenge Inequality and Disadvantage throughout the life course.

- We drive through change and improvement to policy and practice
- We amplify the real experiences of those most affected by health inequality and mental health stigma and discrimination
- We shine a light on world class services and innovation through research, consultancy and evaluation

Way

- We work alongside partners using a side by side consultancy and research model
- We provide the highest quality health economics analysis
- We produce and communicate our world class reports and findings across agencies and communities
- We offer responsive, brave and relevant thought leadership for policy makers and collaborators

Impact

We will cease to exist when Equality for Mental Health is no longer considered out of our reach and that people receive the best understanding and intervention wherever they live, whenever they need it and without shame.

Beliefs

- We work across political, health and social boundaries, organisations and constructs
- We are values led and inspired by difference and diversity
- We know that even in the most established status quo change is possible if we make the best case

Achievements and performance in the delivery of public benefit

The charity's main activities and who it tries to help are described in detail below. All its charitable activities focus on the advancement of learning in the science and practice of mental health care, and are undertaken to further Centre for Mental Health's charitable purposes for the public benefit.

The trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning its future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives that have been set.

Fundraising

Centre for Mental Health welcomes voluntary donations but does not engage in direct public fundraising and does not use professional fundraisers or commercial participators. Centre for Mental Health nevertheless observes and complies with the relevant fundraising regulations and codes. During the year there was no non-compliance of these regulations and codes and Centre for Mental Health received no complaints relating to its fundraising practice. Most of our income derives from contracts and grants. We are nonetheless registered with the fundraising regulator and follow their guidance when evaluating potential approaches to grant giving bodies.

Achievement of our objectives for 2020/21

The Centre's work this year has been at the heart of the mental health response to the Covid-19 pandemic while also retaining a focus on the longer term issues that we face.

To support mental health and reduce inequalities during Covid-19

The Covid-19 pandemic is a national and international emergency that has profound and far-reaching implications for mental health, both immediately and longer term. Centre for Mental Health has been at the heart of efforts to understand what Covid-19 means for our mental health and to bring evidence to bear on policy and practice.

We published a series of forecasts of the mental health impacts of Covid-19 in the UK: in May, July and October 2020. These papers sifted through relevant research and evidence from numerous sources to make sense of the emerging situation and to help the Government, the NHS and local authorities to plan ahead. They have helped to set the agenda by identifying the nature and scale of the mental health impacts of the pandemic. And by providing a demand modelling toolkit we have enabled national and local planning bodies to predict additional need for mental health support.

The Centre also carried out research on inequalities in mental health during the pandemic, on the impact of the pandemic on maternal mental health (with the Maternal Mental Health Alliance), on the experiences of young Black men (with the Shifting the Dial partnership), and on the role of the voluntary and community sector (with the NHS Confederation and the Association of Mental Health Providers).

We have provided practical tools for local councils, workplaces and community groups to provide them with the necessary information to support people experiencing mental health difficulties as a result of the pandemic. For example, we worked with the City Mental Health Alliance to produce a briefing for employers on managing trauma relating to Covid-19.

We have also provided a platform for people to share their experiences of the crisis through a major initiative to collect and publish stories about Covid-19 and mental health, *A Year in Our Lives*.

To support more people with mental health difficulties into employment

We have continued to support the nationwide expansion of Individual Placement and Support (IPS) employment teams in mental health services this year. Our training programme provides vital learning for employment specialists to enable them to offer the best possible support to people using mental health services who want help to find or keep paid work. We adapted our training programme from face-to-face to remote digital learning.

To tackle inequalities in mental health

We concluded the vital work of the Commission for Equality in Mental Health in developing a 'system designed for equality' this year. The Commission, chaired by Liz Sayce, published its final report in November 2020. The report, *Mental health for all?,* sets out a practical agenda for change in both national and local systems to make mental health equality a reality.

We continued to evaluate and support the ground-breaking Shifting the Dial project in Birmingham, working alongside young Black men in the city to boost wellbeing and resilience. The project adapted to the year's lockdowns, working in challenging circumstances to continue supporting young men and seeking to address the wider issues they face. As a result of this we published a briefing paper exploring the disproportionate impact of the pandemic on young Black men's mental health.

To improve the physical health of people living with a mental illness

Equally Well UK, our collaborative to ensure people with mental health difficulties get the right help for their physical health, has been at the heart of the national response to the Covid-19 pandemic for people living with severe mental illness. We produced and updated a guide to help people with mental health conditions to maintain their physical health during the two major national lockdowns in England.

Working with NHS England, Equally Well UK have supported a major programme of work during the winter to reach out to people with a mental illness to secure access to annual health checks with their GP and flu vaccinations for those who are eligible. This was extended to ensure people with a mental illness got fair access to the Covid-19 vaccination programme when they became eligible in February 2021 as part of priority group six. We published a guide for people living with severe mental illness and their carers on what to expect when they are called to receive their vaccination.

To ensure more people get effective and timely support for their mental health

We have focused this year on improving mental health support in primary care, using evidence from innovative services across the country to demonstrate how to meet people's needs close to home. This includes major new reports with the British Psychological Society and with The King's Fund. Following evidence we published, NHS England set out plans to give Primary Care Networks access to additional funding

for mental health practitioners who can work with general practices to meet people's needs. Our work also made the case for GPs to be funded to have an extra appointment with women who have recently given birth to enquire about their mental and physical health.

Our work has explored the need for mental health support among people living with long-term physical illnesses. In May, we published a joint paper with Kidney Research UK about the mental health support needs of people living with chronic kidney disease. And we have been working with National Voices to undertake further research with people living with a wide range of long-term conditions.

We reviewed mental health support in both prison and youth custody this year. Working with NHS England, we carried out a consultation exercise on mental health in prisons and we explored the mental health needs of girls in the young people's secure estate. Both projects have contributed to national plans to improve access to mental health support for people in custody.

We also explored the role and potential benefits of peer support in mental health care. We published a series of briefings with Health Education England focusing on peer support within LGBTQ+ communities, among young people, for older adults and for autistic people and those with learning difficulties.

To improve children and young people's mental health

We continue to host the Children and Young People's Mental Health Coalition, chaired by Sir Norman Lamb. The Coalition this year published a major review of the state of children and young people's mental health in England and brought together organisations responding to the mental health needs of children and young people during Covid-19 to ensure that these were heard by policymakers.

The Centre has been working with Children in Need and with Comic Relief to support and evaluate projects they have been running to support wellbeing and resilience among children and young people. With support from Children in Need, we also reviewed the evidence about the specific mental health challenges faced by children and young people living in rural and coastal areas of the UK.

To make the case for change in policies and practices affecting people's mental health

This year, the focus of national mental health policy has inevitably been on the impact of the pandemic. Working with our partners, we made the case from the outset for additional investment in mental health support, and just as importantly for policies that could help to prevent or mitigate mental health harms resulting from Covid-19. This has helped to unlock additional funding for both NHS and voluntary sector mental health support, and for a cross-government Recovery Action Plan on mental health in the aftermath of the pandemic.

Our work this year has also focused on the essential role of local councils in supporting wellbeing and mental health. In July, we published a review of innovative approaches led by local authorities in England to promote positive mental health and prevent mental illness. Produced with the Local Government Association, the report identifies ways that local councils can bring about change in their communities, often at low cost with limited resources.

The impact of Covid-19 and other external factors on achieving our objectives

The Covid-19 pandemic, and the measures taken in response to it in the UK, affected some of the Centre's work in early 2020. We sought to ensure the safety and wellbeing of our staff, volunteers and others we work with during this time through a number of measures. While we were able to complete all of our work for the year on time, we had to postpone face-to-face events from 12 March 2020 onwards and establish home working for all staff from 17 March. Many of the face-to-face activities we planned were moved safely and successfully online. As a result of these steps, we were able to sustain our essential work and achieve our objectives for the year while keeping people safe and well.

The trustees have considered the impact of the pandemic and other major national and international events on the Centre's work and sustainability. The Centre has demonstrated that it can adapt to the pandemic, both in terms of its work programme and its ways of working. We will continue to review the longer term impact on the charity, for example on our need for accommodation and information technology, and on the impact of a deep or prolonged recession on income generation. The impact of the UK leaving the EU on the Centre's work is less clear so far: it may in future affect the charity's regulatory environment and the recruitment and retention of staff. The trustees will continue to monitor these and any other emergent risks to the organisation and take proportionate steps to mitigate any risks.

Financial Review

Unrestricted income for the year amounted to £835,539 (209/20 – £1,165,071) whilst unrestricted expenditure amounted to £1,055,005 (2019/20 - £958,614). This resulted with a deficit and decrease in unrestricted funds for the year with amount of £219,466 (2019/20 surplus £206,458), as shown on the Statement of Financial Activities.

Activity within restricted funds has given a deficit in the year of £64,562 due to refund of unused restricted funds in amount of £67,340 to the funder for the project which came to an end with end of March 2020.

Total consolidated funds carried forward as of 5 April 2021 are £880,899 (2019/20: £1,164,927).

Reserves Policy

Reserves are required to:

- smooth out surpluses and deficits year on year;
- replace equipment or restructure the organisation;
- deal with the effects of any risks that materialise;
- allow the organisation to take on opportunities that may arise in a timely manner;
- deal with the unexpected.

Trustees are required to set an appropriate minimum level of reserves, and in doing so take into account these reasons for holding reserves, as well as current and future financial needs.

The trustees have decided to set minimum reserves set as:

- Winddown reserve– set as 3 months of anticipated core expenditure
- Cash flow reserve – set as 3 months' cycle calculated on 15 months cashflow forecast

As at 5 April 2021, that will require minimum free reserves of £600,000 to be held (2020: £600,000).

Group free reserves held at 5 April 2021 amounted to £770,802 being group net assets of £880,899, less restricted funds of £110,097.

The Trustees consider that the level of reserves held is within an appropriate margin of the minimum level as set, given the need to be able to respond to fundraising opportunities, and that the going concern basis remains appropriate for the preparation of the group's accounts. This policy is reviewed as necessary by Trustees and at least once a year as part of the annual reporting process.

Trading subsidiary

Centre for Mental Health Training Ltd is a wholly-owned subsidiary of Centre for Mental Health that carries out programme-related trading activity on behalf of the parent charity. During 2020/21 sales income was derived from several sources including IPS training courses and consultancy services limited by Covid-19 pandemic. The subsidiary made a loss of £12,946 (2019/20: profit £49,547). The profit for 2019/20 has been donated via Gift Aid to the charitable parent. Further details are given in Note 11 to the financial statements.

Risk Management

The Trustees are responsible for the management of the risks faced by the charity. Detailed considerations of risk are delegated to the Finance and Audit Committee, which is assisted by senior charity staff and external experts. Risks are identified, assessed and controls established throughout the year. A formal review of the charity's risk management processes is undertaken on a regular basis.

The key risks faced by the charity include:

- Business Continuity and Disaster Recovery.
- Financial Stability, the context for the Centre are ever changing and therefore is an ongoing primary focus of risk management.
- Lack of diversity, the Centre has identified Diversity as a key element to a successful organisation therefore is also a significant priority for risk management strategies.
- Reputational damage, all charities must maintain the highest standards of practice, however the Centre understand the implications when things go wrong.
- Going concern consideration, both the senior management team and the trustees have considered the assumptions created for the going concern consideration and the resulting conclusions, using different levels of uncertainty over significant amounts income and have agreed appropriate actions should income not materialise as planned. They have concluded that there are currently no material

uncertainties about going concern due to the relatively high percentage of budgeted income that has already been committed for the financial year ending 5 April 2022 and that, should further budgeted income not be secured, robust plans are in place to make any necessary reductions in expenditure to maintain going concern status.

The key controls used by the charity include:

- formal reporting of risk management processes to Trustees' meetings,
- weekly cash flow review,
- regular executive meetings where the risk register is discussed,
- detailed terms of reference for all sub-committees,
- comprehensive strategic planning, budgeting and management accounting,
- established organisational and governance structure and lines of reporting,
- formal written policies,
- hierarchical authorisation and approval levels.

The Centre has a business continuity action plan which Trustees reviewed in March 2021 to ensure we can continue to carry out our work and meet our obligations during the pandemic. The action plan enables all staff to work from home (with necessary equipment and adaptations) and that all our business processes can continue while staff, trustees and other stakeholders are all working remotely.

Through the risk management processes established by the charity, the Trustees are satisfied that the major risks identified have been adequately managed where necessary. It is recognised that systems can only provide reasonable but not absolute assurance that major risks have been adequately managed.

Objectives and activities planned for 2021/22

We have produced a new five-year strategy setting out the Centre's major aims and objectives from 2021.

The strategy identifies five high level goals for the charity:

1. To secure a whole government strategy for mental health and neurodiversity including housing, welfare, health, business, justice and defence.
2. To ensure that every child has a fair chance in life, and we see an increase in investment into early years support.
3. That people with mental health difficulties and neurodiversity get quality and values-driven health and social care services including physical health, work, housing and other basic needs.
4. That the government deal with the things we know make people ill, including poverty, racism, discrimination, exclusion, poor housing, punitive welfare systems, and systemic pressure.
5. To work within the Criminal Justice System to develop the best evidence for prevention, safe and secure prisons and resettlement to ensure people entering into the pathway have their mental and physical health needs met.

To enable us to achieve these objectives, over the next year we will take steps including:

- We will continue to track the impact of the pandemic on the mental health of the nation.
- We will begin to develop a global network to ensure we can convene the best thinkers and innovators in mental health and social justice and bring vital learning back to the UK.
- We will pursue mental health and social justice through a Health and Justice Policy Lab, to be developed with partners.
- We will develop a Strategic Counsel of Advisors convened by the Executive Team. Members will come from all walks of life, will have lived experience of mental illness and social exclusion, they may have also been through the criminal justice pathway.
- We will develop innovative ways of translation and communication, for example we will enhance and expand our Artist in Residence model. This will build on the very successful Writer in Residence piloted in 2019 and continued throughout 2020/21.
- We will work with partners to pilot and evaluate innovation, with a focus on quality.
- We will use contemporary and innovative digital solutions for research, engagement and communication.
- We will undertake campaigns and programmes of work in pursuit of our mission, this includes Equally Well.
- We will continue to expand our Peer Research portfolio.
- We will work towards becoming an Anti-Racist organisation, building on our anti-racism strategy, published in March 2021.
- We will continue to actively review our financial forecasts, including cash flow projections, to ensure that we operate as a going concern with no material uncertainties but are in a position to identify the need for, and implement, any agreed actions for cost savings should they be needed during the course of the year.

Statement of responsibilities of the trustees

The trustees (who are also directors of Centre for Mental Health for the purposes of company law) are responsible for preparing the trustees' annual report and the 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 group and of the incoming resources and application of resources, including the income and expenditure, of the charitable 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 the Charities SORP
- Make judgements and estimates that are reasonable and prudent
- State whether applicable UK Accounting Standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements

- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation

The trustees are responsible for keeping adequate 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 group and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the trustees are aware:

- There is no relevant audit information of which the charitable company's auditor is unaware
- The trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information

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.

Members of the charity guarantee to contribute an amount not exceeding £1 to the assets of the charity in the event of winding up. The total number of such guarantees at 5 April 2021 was 9 (2020: 8). The trustees are members of the charity but this entitles them only to voting rights. The trustees have no beneficial interest in the charity.

Auditors

Sayer Vincent LLP were re-appointed as the charitable company's auditors during the year and have expressed their willingness to continue in that capacity.

The report of the trustees has been prepared in accordance with the special provisions applicable to companies subject to the small companies' regime.

Approved by the trustees on 22 July 2021 and signed on their behalf by

Professor Sue Bailey
Chairman

Independent auditor's report

To the members of

Centre for Mental Health

Opinion

We have audited the financial statements of Centre for Mental Health (the 'parent charitable company') and its subsidiaries (the 'group') for the year ended 5 April 2021 which comprise the consolidated statement of financial activities, the group and parent charitable company balance sheets, the consolidated statement of cash flows and the notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including FRS 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 group's and of the parent charitable company's affairs as at 5 April 2021 and of the group's incoming resources and application of resources, including its income and expenditure, for the year then ended
- Have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice
- Have been prepared in accordance with the requirements of the Companies Act 2006 and the Charities Act 2011

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 group financial statements section of our report. We are independent of the group and parent charitable company 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 Centre for Mental Health'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 other information comprises the information included in the trustees' annual report, other than the group financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. Our opinion on the group 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. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the group financial statements or our knowledge obtained in the course of 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 this gives rise to a material misstatement in the group financial statements themselves. 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' annual report, for the financial year for which the financial statements are prepared is consistent with the financial statements
- The trustees' annual 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 group and the parent charitable company and their environment obtained in the course of the audit, we have not identified material misstatements in the trustees' annual report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 and Charities Act 2011 requires us to report to you if, in our opinion:

- Adequate accounting records have not been kept by the parent charitable company, or returns adequate for our audit have not been received from branches not visited by us; or
- The parent charitable company 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; or
- The directors were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the trustees' annual report and from the requirement to prepare a strategic report.

Responsibilities of trustees

As explained more fully in the statement of trustees' responsibilities set out in the trustees' annual report, the trustees (who are also the directors of the parent 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 group's and the parent charitable company'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 group or the parent charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

We have been appointed auditor under the Companies Act 2006 and section 151 of the Charites Act 2011 and report in accordance with those Acts.

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 are set out below.

Capability of the audit in detecting irregularities

In identifying and assessing risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, our procedures included the following:

- We enquired of management and the finance and audit committee, which included obtaining and reviewing supporting documentation, concerning the group's policies and procedures relating to:
- Identifying, evaluating, and complying with laws and regulations and whether they were aware of any instances of non-compliance;
- Detecting and responding to the risks of fraud and whether they have knowledge of any actual, suspected, or alleged fraud;
- The internal controls established to mitigate risks related to fraud or non-compliance with laws and regulations.

- We inspected the minutes of meetings of those charged with governance.
- We obtained an understanding of the legal and regulatory framework that the group operates in, focusing on those laws and regulations that had a material effect on the financial statements or that had a fundamental effect on the operations of the group from our professional and sector experience.
- We communicated applicable laws and regulations throughout the audit team and remained alert to any indications of non-compliance throughout the audit.
- We reviewed any reports made to regulators.
- We reviewed the financial statement disclosures and tested these to supporting documentation to assess compliance with applicable laws and regulations.
- We performed analytical procedures to identify any unusual or unexpected relationships that may indicate risks of material misstatement due to fraud.
- In addressing the risk of fraud through management override of controls, we tested the appropriateness of journal entries and other adjustments, assessed whether the judgements made in making accounting estimates are indicative of a potential bias and tested significant transactions that are unusual or those outside the normal course of business.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

A further description of our responsibilities is available 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 section 144 of the Charities Act 2011 and regulations made under section 154 of that Act. 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.

Judith Miller (Senior statutory auditor)
3 September 2021
for and on behalf of Sayer Vincent LLP, Statutory Auditor
Invicta House, 108-114 Golden Lane, LONDON, EC1Y 0TL

Sayer Vincent LLP is eligible to act as auditor in terms of section 1212 of the Companies Act 2006

Centre for Mental Health

Consolidated statement of financial activities (incorporating an income and expenditure account)

For the year ended 5 April 2021

	Note	Unrestricted £	Restricted £	2021 Total £	Unrestricted £	Restricted £	2020 Total £
Income from:							
Donations and legacies	2	39,208	–	**39,208**	17,969	–	17,969
Charitable activities							
Employment Support Programme	3	112,396	(67,340)	**45,056**	233,105	361,213	594,318
Adults Research	3	144,563	84,500	**229,063**	327,208	48,000	375,208
Children and Young People	3	258,160	130,409	**388,569**	275,628	152,605	428,233
Economics	3	54,671	–	**54,671**	122,158	9,842	132,000
Influencing Policy and Practice	3	187,404	30,600	**218,004**	133,352	20,476	153,828
Other Programmes	3	38,610	–	**38,610**	53,332	3,684	57,016
Investments – Interest receivable		527	–	**527**	2,319	–	2,319
Total income		835,539	178,169	**1,013,708**	1,165,071	595,820	1,760,891
Expenditure on:							
Raising funds	4	167,007	–	**167,007**	151,000	–	151,000
Charitable activities							
Employment Support Programme	4	181,951	–	**181,951**	101,870	393,368	495,238
Adults Research	4	127,471	90,617	**218,088**	194,001	41,883	235,884
Children and Young People	4	236,862	95,176	**332,038**	167,950	118,238	286,188
Economics	4	119,148	–	**119,148**	86,891	9,842	96,733
Influencing Policy and Practice	4	199,424	56,938	**256,362**	167,178	40,555	207,733
Other programmes	4	23,142	–	**23,142**	89,723	8,409	98,132
Total expenditure		1,055,005	242,731	**1,297,736**	958,614	612,295	1,570,908
Net income / (expenditure) before transfers between funds	5	(219,466)	(64,562)	**(284,028)**	206,458	(16,475)	**189,983**
Transfers between funds		–	–	**–**	9,542	(9,542)	**–**
Net movement in funds		(219,466)	(64,562)	**(284,028)**	216,000	(26,017)	**189,983**
Reconciliation of funds:							
Total funds brought forward		990,268	174,659	**1,164,927**	774,268	200,676	**974,944**
Total funds carried forward		770,802	110,097	**880,899**	990,268	174,659	**1,164,927**

All of the above results are derived from continuing activities. There were no other recognised gains or losses other than those stated above. Movements in funds are disclosed in Note 19 to the financial statements.

Further information on the restatement to the figures for the comparative figures is given in note 1 r) to the accounts.

Balance sheets

Company no. 4373019

As at 5 April 2021

	Note	The group		The charity	
		2021	2020	**2021**	2020
		£	**£**	**£**	£
Fixed assets:					
Investments	10	**–**	–	**1,000**	1,000
		–	–	**1,000**	1,000
Current assets:					
Debtors	13	**187,926**	248,649	**183,785**	314,571
Cash at bank and in hand		**1,156,763**	1,274,382	**937,500**	1,019,763
		1,344,689	1,523,031	**1,121,285**	1,334,334
Liabilities:					
Creditors: amounts falling due within one year	14	**463,790**	311,534	**228,444**	173,384
Net current assets		**880,899**	1,211,497	**892,841**	1,160,950
Total assets less current liabilities		**880,899**	1,211,497	**893,841**	1,161,950
Creditors: amounts falling due after one year	16	**–**	46,570	**–**	46,570
Total net assets	18	**880,899**	1,164,927	**893,841**	1,115,380
Funds:	19				
Restricted income funds		**110,097**	174,659	**110,097**	174,659
Unrestricted income funds:					
Designated funds		**–**	390,268	**12,942**	340,721
General funds		**770,802**	600,000	**770,802**	600,000
Total unrestricted funds		**770,802**	990,268	**783,744**	940,721
Total funds		**880,899**	1,164,927	**893,841**	1,115,380

Approved by the trustees on 22 July 2021 and signed on their behalf by

Professor Dame Susan Bailey
Chairman

Centre for Mental Health

Consolidated statement of cash flows

For the year ended 5 April 2021

	2021 £	2020 £
Cash flows from operating activities		
Net cash (used in) /provided by operating activities	**(118,146)**	266,796
Cash flows from investing activities:		
Dividends, interest and rents from investments	**527**	2,319
Change in cash and cash equivalents in the year	**(117,619)**	269,115
Cash and cash equivalents at the beginning of the year	**1,274,382**	1,005,267
Cash and cash equivalents at the end of the year	**1,156,763**	1,274,382

Reconciliation of net income / (expenditure) to net cash flow from operating activities

	2021 £	2020 £
Net expenditure for the reporting period (as per the statement of financial activities)	**(284,028)**	189,983
Depreciation charges	**-**	-
Dividends, interest and rent from investments	**(527)**	(2,319)
Decrease in debtors	**60,723**	61,720
Increase in creditors	**105,686**	17,412
Net cash provided (used in) operating activities	**(118,146)**	266,796

1 Accounting policies

a) Statutory information

Centre for Mental Health is a charitable company limited by guarantee and is incorporated in England & Wales. The registered office address is Technopark, Unit 2d21, 90 London Road, London, England, SE1 6LN.

b) Basis of preparation

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 (FRS 102) (effective 1 January 2019) - (Charities SORP FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy or note.

These financial statements consolidate the results of the charitable company and its wholly-owned subsidiary Centre for Mental Health Training Limited on a line by line basis. Transactions and balances between the charitable company and its subsidiary have been eliminated from the consolidated financial statements. Balances between the two companies are disclosed in the notes of the charitable company's balance sheet. A separate statement of financial activities, or income and expenditure account, for the charitable company itself is not presented because the charitable company has taken advantage of the exemptions afforded by section 408 of the Companies Act 2006.

c) Public benefit entity

The charitable company meets the definition of a public benefit entity under FRS 102.

d) Going concern

The trustees consider that there are no material uncertainties about the charitable company's ability to continue as a going concern.

In order to arrive at this conclusion, the management and trustees have considered the financial and operating outlook of the charitable company using different levels of uncertainty over significant levels of unsecured income. Based on this assessment they have concluded that even in a worst-case scenario, with appropriate management actions identified should they be needed, the ability of the charitable company to continue operating will not be impacted during the year ahead.

The management and trustees will continue to review cash flow projections on a regular basis during this period and will implement appropriate actions, should they be needed, if cash flow balances were to fall below agreed trigger points.

The trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next reporting period.

1 Accounting policies (continued)

e) Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the income have been met, it is probable that the income will be received and that the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

For legacies, 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(s) to the charity that a distribution will be made, or when a distribution is received from the estate. 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. Where legacies have been notified to the charity, or the charity is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is a treated as a contingent asset and disclosed if material.

Income received in advance of the provision of a specified service is deferred until the criteria for income recognition are met.

f) Donations of gifts, services and facilities

Donated professional services and donated facilities are recognised as income when the charity has control over the item or received the service, any conditions associated with the donation have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), volunteer time is not recognised so refer to the trustees' annual report for more information about their contribution.

On receipt, donated gifts, professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

g) Interest receivable

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.

h) Fund accounting

Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets these criteria is charged to the fund.

Unrestricted funds are donations and other incoming resources received or generated for the charitable purposes.
Designated funds are unrestricted funds earmarked by the trustees for particular purposes.

i) Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably.
Expenditure is classified under the following activity headings:

- Costs of raising funds relate to the costs incurred by the charitable company in inducing third parties to make voluntary contributions to it, as well as the cost of any activities with a fundraising purpose
- Expenditure on charitable activities includes the costs of carrying out research, collating and communicating the findings, being work undertaken to further the purposes of the charity and their associated support costs
- Other expenditure represents those items not falling into any other heading

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

1 Accounting policies (continued)

j) Allocation of support costs

Resources expended are allocated to the particular activity where the cost relates directly to that activity. However, the cost of overall direction and administration of each activity, comprising the salary and overhead costs of the central function, is apportioned on the following basis which are an estimate, based on staff time, of the amount attributable to each activity.

Where such information about the aims, objectives and projects of the charity is also provided to potential donors, activity costs are apportioned between fundraising and charitable activities on the basis of area of literature occupied by each activity.

- Employment Support 15%
- Adults Research incl. Prisons and Criminal Justice 18%
- Children and Young People 19%
- Economics 11%
- Influencing policy and practice 20%
- Other 2%
- Costs of raising funds 15%

k) Operating leases

Rental charges are charged on a straight line basis over the term of the lease.

l) Investments in subsidiary

Investments in the subsidiary are at cost.

m) Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

n) Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

o) Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

p) Pensions

The charity participates in two defined benefit pension schemes, both of which were contracted out of the State Second Pension (S2P) until 31 March 2016. Assets for both schemes are held in separate, trustee-administered funds. Because of the mutual nature of the schemes, the charity is unable to identify and measure its own share of assets and liabilities, and so expenditure related to the pensions is treated as if these were defined contributions schemes. The charity has recognised its committed liability for past service deficits for the USS scheme and these are noted as a liability. Only three employees were active members of the schemes during the year (2 for the USS scheme and 1 for the NHS scheme), and all other employees were eligible to join the company's stakeholder pension scheme. The charity's staging date for pensions auto-enrolment was 1 April 2016, and any relevant staff not previously participating in a pension scheme were auto-enrolled at that date.

2 Income from donations and legacies

	Unrestricted £	Restricted £	2021 Total £	Unrestricted £	Restricted £	2020 Total £
Donations	39,208	–	**39,208**	17,969	–	17,969
	39,208	–	**39,208**	17,969	–	17,969

3 Income from charitable activities

	Unrestricted £	Restricted £	2021 Total £	Unrestricted £	Restricted £	2020 Total £
Henry Smith Charity	–	–	**–**	–	(9,087)	(9,087)
City Bridge Trust	–	(67,340)	**(67,340)**	–	370,300	370,300
IPS training income	90,505	–	**90,505**	206,825	–	206,825
Other income - Employment Support Programme	21,891	–	**21,891**	26,280	–	26,280
Sub-total for Employment Support Programme	112,396	(67,340)	**45,056**	233,105	361,213	594,318
St. Giles Trust	–	48,000	**48,000**	–	48,000	48,000
Mental Health UK	–	36,500	**36,500**	–	–	–
NHS England	85,989	–	**85,989**	114,420	–	114,420
MIND Harringey	7,588	–	**7,588**	–	–	–
Comic Relief	34,904	–	**34,904**	–	–	–
MHFA	11,857	–	**11,857**	62,356	–	62,356
Health Education England	–	–	**–**	45,444	–	45,444
GMCA	–	–	**–**	14,898	–	14,898
CLWS West London CCG	–	–	**–**	17,309	–	17,309
NHS West London CCG	–	–	**–**	21,636	–	21,636
NSCHT - North Staffordshire	–	–	**–**	19,740	–	19,740
Oxford Health NHS FT	–	–	**–**	19,078	–	19,078
Rethink Mental Health	2,875	–	**2,875**	9,200	–	9,200
Other income	1,350	–	**1,350**	3,127	–	3,127
Sub-total for Adults	144,563	84,500	**229,063**	327,207	48,000	375,208

3 Income from charitable activities (continued)

University of Oxford	2,100	–	**2,100**	–	–	–
CYPMHC- various founders	–	74,534	**74,534**	–	107,806	107,806
Big Lottery Found	–	54,575	**54,575**	–	44,799	44,799
BBC Children in Needs	43,451	–	**43,451**	60,646	–	60,646
Bradford Districts CCG	7,500	–	**7,500**	34,167	–	34,167
University of Glasgow	–	1,300	**1,300**	–	–	–
Emergings Minds	3,750	–	**3,750**	–	–	–
The Independent Monitoring Board	3,900	–	**3,900**	–	–	–
Comic Relief	9,037	–	**9,037**	8,333	–	8,333
LGA Improvement & Development Agency	12,750	–	**12,750**	–	–	–
The Youth Endowment Fund	31,910	–	**31,910**	–	–	–
NHS England	98,412	–	**98,412**	88,874	–	88,874
The Prudence Trust	6,700	–	**6,700**	–	–	–
UCL	–	–	**–**	10,000	–	10,000
Centre 33	11,792	–	**11,792**	5,896	–	5,896
Health Education England	–	–	**–**	12,650	–	12,650
MIND	11,200	–	**11,200**	9,500	–	9,500
University of Reading	–	–	**–**	30,404	–	30,404
Place2Be	–	–	**–**	11,667	–	11,667
Student Minds	15,325	–	**15,325**	–	–	–
Other income - Children and Young People	333	–	**333**	3,492	–	3,492
Sub-total for Children and Young People	258,160	130,409	**388,569**	275,628	152,605	428,233

3 Income from charitable activities (continued)

	Unrestricted	Restricted	2021 Total	Unrestricted	Restricted	2020 Total
Lankelly Chase	–	20,600	**20,600**	–	–	–
ACEVO	–	–	**–**	31,400	–	31,400
AMHP	–	–	**–**	42,250	–	42,250
British Embassy Bankok	9,750	–	**9,750**	–	–	–
Maudsley Charity	–	10,000	**10,000**	–	–	–
National Voices	28,998	–	**28,998**	–	–	–
CRH Charitable Trust	–	–	**–**	8,000	–	8,000
NHS Confederation	24,168	–	**24,168**	–	–	–
West London NHS FT	–	–	**–**	5,000	–	5,000
Hertfordshire County Council	4,650	–	**4,650**	–	–	–
PHE	–	–	**–**	3,200	–	3,200
MMHA	2,800	–	**2,800**	–	–	–
Royal College of Nursing	1,000	–	**1,000**	2,500	–	2,500
UCL	4,500	–	**4,500**	4,000	–	4,000
Health Education England	10,229	–	**10,229**	5,174	–	5,174
Greater London Authority	6,617	–	**6,617**	–	–	–
Various	13,868	–	**13,868**	5,128	20,476	25,604
LGA Improvement &	12,750	–	**12,750**	6,650	–	6,650
Barnet, Enfield and Haringey Mental Health NHS FT	–	–	**–**	5,000	–	5,000
NHS England	61,524	–	**61,524**	5,000	–	5,000
Oxford Health NHS FT	–	–	**–**	2,600	–	2,600
Surrey County Council	4,050	–	**4,050**	–	–	–
Kingston University	–	–	**–**	1,000	–	1,000
Royal College of Psychiatrists	2,500	–	**2,500**	2,500	–	2,500
Homeless Link	–	–	**–**	3,950	–	3,950
Sub-total for Influencing policy and practice	187,404	30,600	**218,004**	133,352	20,476	153,828
NHS Confederation	35,850	–	**35,850**	110,713	–	110,713
XenZone	–	–	**–**	5,500	–	5,500
PETALS	–	–	**–**	–	9,842	9,842
Rushcliffe CCG	–	–	**–**	5,945	–	5,945
NHS England	3,500	–	**3,500**	–	–	–
Penine NHS FT	5,521	–	**5,521**	–	–	–
Zurich Community Trust	9,800	–	**9,800**	–	–	–
Sub-total for Economics	54,671	–	**54,671**	122,158	9,842	132,000
Forces in Mind Trust	23,940	–	**23,940**	51,357	–	51,357
NIHR	–	–	**–**	–	3,684	3,684
JRS Gov.uk	6,287	–	**6,287**	–	–	–
Other income	8,383	–	**8,383**	1,975	–	1,975
Sub-total for Other	38,610	–	**38,610**	53,332	3,684	57,016
Total income from charitable	795,804	178,169	**973,973**	1,144,783	595,820	1,740,603

4a

		Charitable activities								
	Cost of raising funds	Employment Support Programme	Adults Research incl. PCJ	Children and Young People	Economics	Influencing Policy and Practice	Other Programmes	Support and governance costs	**2021 Total**	2020 Total
	£	£	£	£		£	£	£	**£**	£
Staff costs (Note 6)	127,628	124,004	150,339	159,995	92,239	179,670	15,729	143,252	**992,856**	1,040,466
Direct project costs	1,890	21,672	22,662	121,820	530	25,913	2,617	3,846	**200,950**	392,826
Travel and subsistence	–	–	–	–	–	–	–	–	**–**	31,273
Printing, postage and stationery	–	–	32	51	–	33	–	1,838	**1,954**	3,126
IT costs	835	–	1,297	2,935	–	1,707	–	23,550	**30,324**	26,507
Communication and events	–	–	–	–	–	–	–	–	**–**	6,094
Establishment costs	682	303	592	1,673	–	1,078	–	56,411	**60,739**	58,946
Legal, finance and other	–	–	–	–	–	–	–	13	**13**	970
Audit	–	–	–	–	–	–	–	10,900	**10,900**	10,700
	131,035	145,979	174,922	286,474	92,769	208,401	18,346	239,810	**1,297,736**	1,570,908
Support and governance costs	35,972	35,972	43,166	45,564	26,379	47,961	4,796	(239,810)	**–**	–
Total expenditure 2021	**167,007**	**181,951**	**218,088**	**332,038**	**119,148**	**256,362**	**23,142**	**–**	**1,297,736**	
Total expenditure 2020	151,000	495,238	235,884	286,188	96,733	207,733	98,132	–	**1,570,908**	

Of the total expenditure £1,055,005 was unrestricted (2020: £958,614) and £242,731 was restricted (2020: £612,295).

4b

		Charitable activities							
	Cost of raising funds	Employment Support Programme	Adults Research incl. PCJ	Children and Young People	Economics	Influencing Policy and Practice	Other Programmes	Support and governance costs	2020 Total
	£	£	£	£		£	£	£	£
Staff costs (Note 6)	109,024	217,429	156,556	142,094	73,279	107,848	69,844	164,392	**1,040,466**
Direct project costs	3,905	195,556	27,061	90,069	543	59,951	3,710	12,031	**392,826**
Travel and subsistence	296	6,693	478	3,015	402	3,899	1,306	15,184	**31,273**
Printing, postage and stationery	–	49	14	36	–	112	–	2,915	**3,126**
IT costs	–	2,514	1,076	2,950	–	509	637	18,821	**26,507**
Communication and events	–	743	54	2,050	–	283	–	2,964	**6,094**
Establishment costs	1,198	1,913	–	956	–	1,368	126	53,385	**58,946**
Legal, finance and other	–	–	–	–	–	–	–	970	**970**
Audit	–	–	–	–	–	–	–	10,700	**10,700**
	114,423	424,897	185,239	241,170	74,224	173,970	75,623	281,362	**1,570,908**
Support and governance costs	36,577	70,341	50,645	45,018	22,509	33,763	22,509	(281,362)	**–**
Total expenditure 2020	**151,000**	**495,238**	**235,884**	**286,188**	**96,733**	**207,733**	**98,132**	**–**	**1,570,908**

Of the total expenditure £958,614 was unrestricted (2019: £813,534) and £612,295 was restricted (2019: £722,356).

5 Net income/(expenditure) for the year

This is stated after charging:

	2021	2020
	£	£
Operating lease rentals:		
Other	1,607	1,607
Auditors' remuneration (excluding VAT):		
Audit	10,900	10,700

6 Analysis of staff costs, trustee remuneration and expenses, and the cost of key management personnel

Staff costs were as follows:

	2021	2020
	£	£
Salaries and wages	812,223	860,463
Social security costs	85,640	81,812
Employer's contribution to defined contribution pension schemes	43,027	41,727
Operating costs of defined benefit pension schemes	51,966	56,464
	992,856	1,040,466

The following number of employees received employee benefits (excluding employer pension costs and employer's national insurance) during the year between:

	2021	2020
	No.	No.
£60,000 - £69,999	2	2
£70,000 - £79,999	-	1
£80,000 - £89,999	1	1
£90,000 - £99,999	1	-

The total employee benefits (including pension contributions and employer's national insurance) of the key management personnel were £366,791 (2020: £358,634).

The charity trustees were not paid or received any other benefits from employment with the charity in the year (2020: £nil). No charity trustee received payment for professional or other services supplied to the charity (2020: £nil). No trustees' expenses were reimbursed during the financial year (£2020: £nil).

7 Staff numbers

The average number of employees (head count based on number of staff employed) during the year was as follows: 20.9 (2020: 23.1)

	2021 No.	2020 No.
Raising funds	**2.0**	1.0
Employment Support Programme	**2.0**	5.9
Prisons and Criminal Justice Programme	**2.2**	1.4
Children and Young People	**3.7**	3.8
Influencing Policy and Practice	**4.0**	4.0
Economics	**2.0**	2.0
Other programmes	**–**	1.0
Support	**4.0**	3.0
Governance	**1.0**	1.0
	20.9	23.1

8 Related party transactions

There are no donations from related parties which are outside the normal course of business and no restricted donations from related parties.

9 Taxation

The charity is exempt from corporation tax as all its income is charitable and is applied for charitable purposes. The charity's trading subsidiary Centre for Mental Health Training Limited gift aids available profits to the parent charity. Its charge to corporation tax in the year was:

	2021 £	2020 £
UK corporation tax at 19% (2020: 19%)	**–**	–

10 Investments

Investments comprise:

	The group		The charity	
	2021 £	2020 £	2021 £	2020 £
Unlisted shares in UK registered companies	**–**	–	**1,000**	1,000
	–	–	**1,000**	1,000

The investments comprise the whole of the issued ordinary share capital of Centre for Mental Health Training Ltd and are shown at par.

11 Subsidiary undertaking

The charitable company owns the whole of the issued ordinary share capital of Centre for Mental Health Training Limited, a company registered in England. The subsidiary is used solely for primary purpose trading activities. All activities have been consolidated on a line by line basis in the statement of financial activities. Available profits are gift aided to the charitable company. A summary of the results of the subsidiary is shown below:

	2021	2020
	£	£
Turnover	391,985	540,063
Cost of sales	(405,047)	(490,740)
Gross profit	(13,062)	49,323
Administrative expenses	-	(402)
Other operating income	-	-
Operating profit / (loss)	(13,062)	48,921
Interest receivable	116	626
Profit / (loss) on ordinary activities	(12,946)	49,547
Donation under gift aid to parent undertaking	(49,547)	(89,135)
Profit / (loss) for the financial year	(62,493)	(39,588)
The aggregate of the assets, liabilities and funds was:		
Assets	337,924	425,503
Liabilities	(349,871)	(374,956)
Funds	(11,947)	50,547

12 Parent charity

The parent charity's gross income and the results for the year are disclosed as follows:

	2021	2020
	£	£
Gross income	965,098	1,629,938
Result for the year	(221,535)	230,197

13 Debtors

	The group		The charity	
	2021	2020	2021	2020
	£	£	£	£
Fees and charges	166,829	228,968	48,474	58,084
Other debtors	14,530	9,298	14,530	9,298
Prepayments	6,567	10,383	6,261	10,383
Inter-company debtor	-	-	114,520	236,806
	187,926	248,649	183,785	314,571

14 Creditors: amounts falling due within one year

	The group		The charity	
	2021	2020	**2021**	2020
	£	£	**£**	£
Trade creditors	**59,067**	40,849	**52,367**	22,285
Taxation and social security	**29,729**	23,886	**29,729**	23,886
VAT creditor	**87,932**	101,426	**51,985**	73,025
Accruals	**37,096**	35,611	**32,096**	19,405
Deferred income	**249,966**	109,762	**62,267**	34,783
	463,790	311,534	**228,444**	173,384

15 Deferred income

Deferred income comprises income invoiced for training and consultancy services in advance.

	The group		The charity	
	2021	2020	**2021**	2020
	£	£	**£**	£
Balance at the beginning of the year	**109,762**	96,390	**34,783**	–
Amount released to income in the year	**(202,151)**	(340,836)	**(43,683)**	(75,228)
Amount deferred in the year	**342,359**	354,208	**71,166**	110,011
Balance at the end of the year	**249,970**	**109,762**	**62,266**	34,783

16 Creditors: amounts falling due after one year

	The group		The charity	
	2021	2020	**2021**	2020
	£	£	**£**	£
Accruals - pension obligations	**–**	46,570	**–**	46,570
	–	46,570	**–**	46,570

17 Pension scheme

Employees of Centre for Mental Health and its subsidiary who joined the organisation on 1 December 2009 or thereafter have access to a flexible contributory group personal pension scheme. Employer contributions to the scheme during the year amounted to £50,728 (2019/20 £55,207).

NHS Pension Scheme

One employee remained a member of the NHS Pension Scheme throughout the financial year.

Details of the benefits payable under these provisions can be found on the NHS Pensions website at www.pensions.nhsbsa.nhs.uk. The Scheme is an unfunded, defined benefit scheme that covers NHS employers, General Practitioners and other bodies, allowed under the direction of the Secretary of State, in England and Wales. As with the USS, the scheme is not designed to be run in a way that would enable the Centre to identify its share of the underlying Scheme assets and liabilities. Therefore, the Scheme is accounted for as if it were a defined contribution scheme and the amount of £8,726 (2019/20: £8,726) charged to the Statement of Financial Activities represents employers' contributions payable to the scheme in respect of the accounting period. The rate of employer's contributions during the year remained constant at 14.38 % of pensionable salaries. The rates for employees' contributions have remained unchanged since last year at 9.60% of pensionable earnings.

A valuation of scheme liability is carried out annually by the scheme actuary (currently the Government Actuary's Department) as at the end of the reporting period. This utilises an actuarial assessment for the previous accounting period in conjunction with updated membership and financial data for the current reporting period, and is accepted as providing suitably robust figures for financial reporting purposes. The valuation of the scheme liability as at 31 March 2021, is based on valuation data as 31 March 2020, updated to 31 March 2021 with summary global member and accounting data. In undertaking this actuarial assessment, the methodology prescribed in IAS 19, relevant FReM interpretations, and the discount rate prescribed by HM Treasury have also been used.

The latest assessment of the liabilities of the scheme is contained in the report of the scheme actuary, which forms part of the annual NHS Pension Scheme Accounts. These accounts can be viewed on the NHS Pensions website and are published annually. Copies can also be obtained from The Stationery Office.

The purpose of this valuation is to assess the level of liability in respect of the benefits due under the schemes (taking into account recent demographic experience), and to recommend contribution rates payable by employees and employers.

The latest actuarial valuation undertaken for the NHS Pension Scheme was completed as at 31 March 2016. The results of this valuation set the employer contribution rate payable from April 2019 to 20.6% of pensionable pay. The 2016 funding valuation was also expected to test the cost of the Scheme relative to the employer cost cap that was set following the 2012 valuation. In January 2019, the Government announced a pause to the cost control element of the 2016 valuations, due to the uncertainty around member benefits caused by the discrimination ruling relating to the McCloud case.

The Government subsequently announced in July 2020 that the pause had been lifted, and so the cost control element of the 2016 valuations could be completed. The Government has set out that the costs of remedy of the discrimination will be included in this process. HMT valuation directions will set out the technical detail of how the costs of remedy will be included in the valuation process. The Government has also confirmed that the Government Actuary is reviewing the cost control mechanism (as was originally announced in 2018). The review will assess whether the cost control mechanism is working in line with original government objectives and reported to Government in April 2021. The findings of this review will not impact the 2016 valuations, with the aim for any changes to the cost cap mechanism to be made in time for the completion of the 2020 actuarial valuations.

Access to the NHS pension scheme is restricted to staff members who have retained the benefit as an element of authorised transfers in from other employments.

Universities Superannuation Scheme (USS)

USS is a defined benefit scheme, which is contracted out of the State Second Pension (S2P). The assets are held in a separate fund administered by the USS pension trustee who is the Universities Superannuation Scheme Limited. Because of the mutual nature of the scheme, Centre for Mental Health is unable to identify its share of the underlying assets and liabilities of the scheme on a consistent and reasonable basis and therefore accounts for the scheme as if it were a defined contribution scheme. FRS 102 requires for a multi-employer scheme that where the employer has entered into an agreement with the scheme that determines how the employer will fund a deficit, this results in the recognition of a liability for the contributions payable that arise from the agreement (to the extent that they relate to the deficit) and the resulting expense is recognised in profit or loss. The trustees have therefore recognised the discounted fair value of the contractual contributions under the funding plan in existence at the date of approving the financial statements.

As a result, the amount charged to the Statement of Financial Activities of £34,301 (2019/20: £33,000) represents employer's contributions payable to this scheme during the accounting period. The rate of employer's contributions was for period April 2020 to March 2021 at 21.1 % of pensionable salaries. Further increase is planned from 30 September 2021 in relation to employee and employer's contributions; increasing to 11% and 23.7% respectively. As at 31 March 2021, Centre for Mental Health had two active members in the scheme (2020: two).

Last actuarial valuation of the scheme took place valuing the scheme's assets and liabilities as at 31 March 2018. The valuation was carried out using the projected unit method and found that the scheme's assets were sufficient to cover 95% of the scheme's liabilities – a shortfall of £3.6 bn. This compares favourably with the previous triennial valuation as at 31 March 2017 (89% funding, a deficit of £7.5bn). In the years that the scheme do not do an actuarial valuation, they produce an actuarial report called a funding update. The results of the funding update, as at 31 March 2019, showed that the scheme's liabilities have increased faster than assets since the 2018 valuation, causing the deficit to increase to £5.4bn and the funding level to fall to 93%. The valuation on 31 March 2020 is being carried out and shall be completed by 30 June 2021. Recent updates show that the deficit has depend and the pension contributions will need to raise sharply if existing benefits are to be maintained.

The final salary element of the scheme has been closed, and pension rights accrues on a Retirement Income Builder basis from 1 April 2016. For those Members who earned benefits before April 2016 on a Career Revalued Benefits basis , these will be recalculated as final salary benefits built up to 31 March 2016 and added as a service credit onto any further benefits accrued under the scheme from April 2016 onwards. Furthermore , an income when the member retire is based on how long they have been in the scheme and their salary , up to annual threshold of £59,585.72 for 2020/21. Salary threshold is set each year. For those earning above this annual salary amount, contributions will be made into a USS Investment Builder.

* Post balance sheet event

In November 2015 Centre for Mental Health's trustees commissioned Cartwrights, a firm of actuarial advisers, to update advice regarding Section 75 debt which would be triggered at a future date when there are no more active scheme members. Since July 2018, Centre for Mental Health's trustees have been in discussions with USS pension and our guarantor Gatsby Charitable Foundation to withdraw the Centre from the scheme. Formal letter requesting approval to exit the scheme has been submitted to USS trustees for their decision at May 2021 board meeting, which was approved. The Centre has written to USS Trustees to exit the scheme with 31 May 2021 effectively triggering section 75 debt. Gatsby Charitable Foundation as our guarantor has agreed to pay the liability directly to the USS on behalf of Centre for Mental Health when final invoice is issued by USS. The charity considers that it is appropriate to acknowledge that a contingent asset is highly likely to exist, however we are unable to quantify the value of this until USS advises of the total liability. A provision for a liability of £46,570 exists in our accounts that would be settled by the contingent assets in the next accounting period.

18a Analysis of group net assets between funds (current year)

	General unrestricted £	Designated funds £	Restricted funds £	Total funds £
Net current assets	770,802	–	110,097	**880,899**
Long term liabilities	–	–	–	**–**
Net assets at the end of the year	**770,802**	**–**	**110,097**	**880,899**

18b Analysis of group net assets between funds (prior year)

	General unrestricted £	Designated funds £	Restricted funds £	Total funds £
Net current assets	646,570	390,268	174,659	**1,211,497**
Long term liabilities	(46,570)	–	–	**(46,570)**
Net assets at the end of the year	**600,000**	**390,268**	**174,659**	**1,164,927**

19a Movements in funds (current year)

	At the start of the year £	Income & gains £	Expenditure & losses £	Transfers £	At the end of the year £
Restricted funds:					
Employment Support					
City Bridge Trust	67,340	(67,340)	–	–	**–**
Adults Research incl. Prisons and Criminal Justice					
St. Giles Trust evaluation	6,117	48,000	(54,117)	–	**–**
Evaluation of Clic	–	36,500	(36,500)	–	**–**
Children and Young People					
Shifting the Dial	6,262	54,575	(17,224)	–	**43,613**
Culturally sensitive approaches to MH education (CESAME)	–	1,300	(1,300)	–	**–**
CYPMHC	67,702	74,534	(76,652)	–	**65,584**
Influencing Policy and Practice				–	
Elliot Simmons CT	1,744	–	(1,744)	–	**–**
Crisis Care Commission	25,494	–	(25,494)	–	**–**
MHRG -Maudsley Charity's Grant	–	10,000	(9,100)	–	**900**
Synergi- advice and support around	–	20,600	(20,600)	–	**–**
Total restricted funds	174,659	178,169	(242,731)	–	110,097
Unrestricted funds:					
Designated funds:					
Core funding reserve	390,268	–	–	(390,268)	**–**
Total designated funds	390,268	–	–	(390,268)	**–**
General funds	600,000	835,539	(1,055,005)	390,268	**770,802**
Total unrestricted funds	990,268	835,539	(1,055,005)	–	**770,802**
Total funds	1,164,927	1,013,708	(1,297,736)	–	**880,899**

Restricted funds of £67,340 were refunded to City Bridge Trust

19b Movements in funds (prior year)

	At the start of the year £	Income & gains £	Expenditure & losses £	Transfers £	At the end of the year £
Restricted funds:					
Employment Support					
Employment of Offenders	18,174	(9,087)	–	(9,087)	–
IESD Regional Trainer	455	–	–	(455)	–
City Bridge Trust	90,408	370,300	(393,368)	–	**67,340**
Adults Research incl. Prisons and					
St. Giles Trust evaluation	–	48,000	(41,883)	–	**6,117**
Children and Young People					
CYPMHC	39,597	107,806	(79,701)	–	**67,702**
Other					
Liaison Psychiatry - Maestro	–	3,684	(3,684)	–	–
Psychology in Primary Care (BPS)	4,725	–	(4,725)	–	–
Economics					
Baby Loss Counselling	–	9,842	(9,842)	–	–
Influencing Policy and Practice					
Elliot Simmons CT	11,000	–	(9,256)	–	**1,744**
Crisis Care Commission	36,317	20,476	(31,299)	–	**25,494**
Total restricted funds	200,676	595,820	(612,295)	(9,542)	**174,659**
Unrestricted funds:					
Designated funds:					
Core funding reserve	174,268	–	–	216,000	**390,268**
Total designated funds	174,268	–	–	216,000	**390,268**
General funds	600,000	1,165,071	(958,613)	(206,458)	**600,000**
Total unrestricted funds	774,268	1,165,071	(958,613)	9,542	**990,268**
Total funds	974,944	1,760,891	(1,570,908)	–	**1,164,927**

19 Purposes of restricted funds

Employment funding

The Employment of Offenders fund was a three-year project to evaluate the effectiveness of the Individual Placement and Support model within a prison setting. It was funded by three major grant making trusts came to an end in August 2016. Final report was written during 2017/18.

The Regional Trainer project was a three year pilot funded by Department of Health IESD grant money to set up regional trainers across 6 regional mental health trusts to enhance delivery of IPS and improve employment outcomes for their service users. Funding is confirmed annually and the project came to an end in June 2017.

The City Bridge Trust found is a two and half year project to establish 6 sites of new IPS services in London to enhance delivery of IPS in capital. Founding is confirmed annually and reviewed after each Quarter of delivery, the project is due to complete in July 2020.

Influencing Policy and Practice

Elliot Simmons Charitable Trust is funding our lasting legacy for mental health work for a period of two years, where we are determined to bring lasting change and create a legacy for mental health beyond the two year. Funds is used to support the Commission for Equality in Mental Health, a policy vehicle for challenging inequality and supporting marginalised groups.

Crisis Care Commission -donations have been received towards a restricted fund for a crisis care research project, where we will work with charities and other partners to find ways to provide better support for people in mental health emergencies. This will begin in Summer 2019 and last up to three years, dependent on future funding.

The Mental Health Research Group (MHRG) - founded by the Centre and The Royal Foundation, was picked up by Maudsley Charity for phase 1 funding. This entailed forming a working group of prominent names and organisations within mental health research with the aim of influencing change in mental health research, this culminated in a paper with recommendations.

Synergi- advice and support around policy work - The Centre have partnered with The Synergi Collaborative to retrospectively review the first three years of their five-year programme of work around policy change for inequality and multiple disadvantage. The project is funded by Lankelly Chase.

Children and Young People funding

Shifting the Dial is project founded by Big Lottery Fund (now National Lottery Community Fund). This is a partnership working to find ways to improve the resilience of young African Caribbean men. Four organisations have been funded over three years by National Lottery Community Fund: the Centre, Birmingham Repertory Theatre, First Class Legacy and Birmingham and Solihull Mental Health Foundation Trust.

CESAME: Culturally Engaged and Sensitive Approaches to Mental health Education
The project is a collaboration between Glasgow School of Art, DeMontford University and the Centre, funding by UKRI's Emerging Minds network. The aim is to develop an approach that schools can use to promote good mental health that is tailored, culturally sensitive and inclusive.

Children and Young People Mental Health Coalition (CYPMHC) a membership body that brings together leading charities to campaign jointly on the mental health and wellbeing of children and young people. It is hosted by Centre for Mental Health.

Adults Research incl. Prisons and Criminal Justice

St Giles Trust Evaluation-This project will evaluate an intervention of St Giles Trust and Project Future that aims to bridge people who receive this intervention into a range of supportive services that can address their health and social needs. The project began in July 2019 and will last for 2 years.

Evaluation of Clic -The Centre evaluated Clic UK, an online intervention in the form of a mental health support platform as an emergency response to the Covid-19 pandemic. The evaluation seeks to determine the effectiveness of the platform for those who visit the site and are experiencing poor mental health.

19 Purposes of restricted funds (continued)

Economics

Baby Loss Counselling- the Centre has conducted an economic evaluation of the therapeutic support delivered by PETALS, the baby loss counselling charity. This was completed and published in July 2019.

Other restricted funding

The Liaison Psychiatry (Maestro) project was funded by NIHR and led by Leeds University that will describe, classify and evaluate a number of models for the provision of Liaison Psychiatry services. The final report was produced and published in February 2020.

Psychology in Primary Care - British Psychological Society has grant-funded an evaluation of three services delivering psychological support in primary care Bradford, Catterick, Shrewsbury.

Purposes of designated funds

The core funding reserve represents funds designated by the trustees to meet shortfalls arising while the organisation builds its capacity and experience in fundraising.

20 Operating lease commitments

The charity and group's total future minimum lease payments under non-cancellable operating leases is as follows for each of the following periods:

	Property		Equipment	
	2021	2020	**2021**	2020
	£	£	**£**	£
Less than one year	**-**	-	**938**	1,607
One to five years	**-**	-	**-**	938
	-	-	**938**	2,545

21 Legal status of the charity

The charity is a company limited by guarantee and has no share capital. The liability of each member in the event of winding up is limited to £1.