

UNIVERSITY MENTAL HEALTH ADVISERS NETWORK (UMHAN)

England & Wales · Charity number 1155038

Details

Other names UMHAN

Status Registered

Legal form CIO

Registered 2013-12-17

Register [View on the Charity Commission register](#)

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Activities

Objects: THE ADVANCEMENT OF THE EDUCATION OF PEOPLE WITH MENTAL HEALTH DIFFICULTIES THROUGH IMPROVING ACCESS TO HIGHER EDUCATION.

Activities: What EDUCATION/TRAINING THE ADVANCEMENT OF HEALTH OR SAVING OF LIVES DISABILITY THE ADVANCEMENT OF THE EDUCATION OF PEOPLE WITH MENTAL HEALTH DIFFICULTIES THROUGH IMPROVING ACCESS TO HIGHER EDUCATION. Who CHILDREN/YOUNG PEOPLE PEOPLE WITH DISABILITIES How PROVIDES ADVOCACY/ADVICE/INFORMATION ACTS AS AN UMBRELLA OR RESOURCE BODY

Classification

- **How:** Provides Advocacy/advice/information, Acts As An Umbrella Or Resource Body
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** Children/young People, People With Disabilities

Geography

- Ireland
- Scotland
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£49,921	£72,191	-	-
2024-03-31	£67,292	£61,880	-	-
2023-03-31	£62,299	£48,311	-	-
2022-03-31	£51,575	£40,482	-	-
2021-03-31	£39,873	£39,208	-	-

Trustees

Name	Role	Appointed
Dr Anna Goirand	Chair	2020-01-01
Dr Maria Kordowicz		2025-10-08
Kristy Robinson		2025-03-27
LYDIA PELL		2013-11-25
Mary Anum		2025-11-25
Matthew Kempen		2022-09-08
Phillip Scarffe		2022-10-04

UNIVERSITY MENTAL HEALTH ADVISERS NETWORK (UMHAN)

England & Wales - Charity number 1155038

Accounts



University Mental Health Advisers Network (UMHAN)

Charity No: 1155038

Annual Report 2024/2025

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About UMHAN

Originally founded by mental health professionals, the University Mental Health Advisers Network (UMHAN) has been crucial in advancing the professional development and standards of mental health specialists and services within Higher Education (HE). UMHAN began in 2001 as an information-sharing network for HE mental health specialists and gained registered charity status in 2003.

UMHAN played a pivotal role in several HE breakthroughs, such as championing practical and whole-institution approaches to mental health, fostering the creation of mental health-specific services, promoting mental health awareness, and increasing the uptake of Disabled Students' Allowances (DSAs) for students with mental health conditions.

Even as UMHAN has expanded its membership to encompass various mental health specialist roles, its fundamental aims have endured. These aims address the needs of education-based specialists, the requirements of individuals with mental health conditions pursuing education, and the broader societal benefits of proactive mental health support in education for students, institutions, and society as a whole.

Aims and Objectives

The object of the charity is to advance the education of people with mental health conditions through improving access to HE.

Our aims are to:

- Influence policy development in the fields of education, mental health, disability, and beyond, to proportionately and accurately represent the needs and interests of people with mental health conditions.
- Ensure mental health support staff working in education are equipped with the tools, support, and empowerment to best support students, and ensure national representation to influence the sector for good.
- Remove the barriers to the full participation of people with mental health conditions in HE and beyond, encouraging the development of a culture in which people with mental health conditions studying in HE is a mainstream notion.



Key Activities

As a membership organisation, UMHAN achieves its goals by fostering the sharing of best practice and promotion through its networks, keeping members informed of the latest sector developments. We provide online meetings, a Forum, and customised resources to our members.

We actively collaborate with key stakeholders and influencers to advocate for the needs and interests of individuals with mental health conditions, aiming to achieve optimal educational outcomes for students.

Funding

Our work is funded almost exclusively through membership fees. This income largely pays the salaries of our three staff all of whom work part time and undertake all day to day development and administration work:

- Charity Manager
- Head of Research and Engagement
- Social Media and Administration Executive.

Public Benefit

The trustees have had regard to the Charity Commission's guidance on public benefit. We believe that by empowering mental health professionals working in education to develop their skills and expertise, and practice safely by providing networks, training and resources, we advance the inclusion of people with mental health conditions in education, positively affecting health outcomes and life opportunities.

Organisational Developments 2024/2025

Governance

Trustees

This report covers the period September 2024 to the end of August 2025. This year, there have been several changes to the Board of Trustees due to evolving circumstances.

We started the year with seven trustees led by Hannah Borkin who took over as interim Chair in July 2024. While Hannah was on maternity leave the Chair was shared between Anna Matthews and Andrew Plumtree. Following Andrew's departure, Anna has continued to act as Chair.

The Board of Trustees included:

- Tessa Bartlett (Marketing and Communications) (stepped down December 2024)
- Hannah Borkin (leave from September 19 2024, stepped down July 8 2025)
- Matt Kempen (Marketing and Communications)
- Anna Matthews
- Lydia Pell
- Andrew Plumtree (Treasurer) (stepped down July 8 2025)
- Leonie Roberts (appointed March 28 2025)
- Kristy Robinson (appointed March 28 2025).
- Phil Scarffe.

Recruitment

A recruitment exercise for a new Treasurer commenced in July 2025.

Meetings

During the year, we adjusted the frequency of our trustee meetings from monthly to quarterly. This change has allowed for longer, focused sessions that support deeper, more strategic discussions. As a result, our meetings have become more effective, providing a greater opportunity to address key issues in depth and make decisions that better serve the organisation and its members. We had three monthly meetings from September to December 2024 and have had three meetings in 2025 so far as per our change in frequency. We are due to have our fourth and final Trustee Meeting of 2025 in November.

Staffing

This year has seen numerous changes in charity personnel. In September 2024, David Barker began as UMHAN Charity Manager, working four days a week. UMHAN's former Administrator, Michelle Davies left UMHAN in early September 2024 and was replaced by Keeley Robertson (November 2024 to April 2025). A post for social media intern was also created and recruited in November 2024 when Tess Hodgson-Sakamoto was appointed. This role assisted the team with social media/marketing. In June 2025, Tess was successful in securing the role of Social Media and Administration Executive following Keeley's departure.

Dr. Rachel Spacey continued to be employed as Policy and Engagement Officer working four days a week for much of 2024/25. In October 2024, Rachel's role was reclassified as Head of Research and Engagement, acknowledging her expanded responsibilities. Both the roles of Social Media and Administration Executive and Head of Research and Engagement were made permanent in August 2025.

Membership

Members

We have seen a steady increase across all of our membership types and across geographical locations. This reflects our unique position representing multidisciplinary mental health practitioners in education. We hope to continue to develop and increase our inclusive community over the next year, while upholding our key principles as described in our Conduct & Capability Framework.

At the end of August 2025 we had:

- 400 Accredited Practitioner (Adviser)
- 185 Accredited Practitioner (Mentor)
 - 110 Associates
 - 77 Managers

Total = 772 members

There has been an increase across all membership types from 691 members in September 2024 to 772 members in August 2025. Our most popular form of referral is by word of mouth mainly via other members including peers and managers. A small but significant proportion find out about membership via a search engine or LinkedIn.

The Memberwise Retention Calculator calculates the following figures for UMHAN membership*:

Membership recruitment rate: **20.4%**

Membership retention rate: **91.3%**

How do we compare with other UK membership organisations?

Average member recruitment rate = **12.5%**

Average member retention rate = **86.0%**

* Figures from September 2024 - August 2025.

This year's retention rate is higher than for 2023/24 (82.7%) although the recruitment rate is slightly lower than it was for 2023/24 (27.1%) which may be an indication of well publicised financial pressures on the HE sector resulting in widespread staff redundancies and organisational restructures but is still very high when compared with other membership organisations. Our recruitment rate reflects work done to highlight our value to members, and raising our profile more generally. It also indicates members' satisfaction with UMHAN, as the majority of new members find us through word of mouth/colleague referral.

Value

Our annual member surveys show that UMHAN members highly value the networking opportunities offered by membership, specifically the Community Forum, members' meetings and Lunch & Learn sessions - all of which are hosted online. This gives members an opportunity to share best practice, ask questions, share resources and ideas and help improve the support provided to students with mental health conditions, and thus their educational opportunities and outcomes.

UMHAN also provides up to date resources and information about sector developments relevant to mental health and education:

I have gained most of my CPD through UMHAN as well as a sense of community, something which I haven't always experienced directly from the university of agency I work for as a mentor.

(Quote from Member Survey, 2024)

All Accredited Practitioners (currently Mental Health Advisers and Specialist Mental Health Mentors) are subject to audit after one year's membership. This is a quality

assurance measure and focuses on our Supervision and CPD requirements. Our audit takes place annually, with 10% of each membership type subject to audit. During the academic year 2024/25 we have carried out two audits of randomly selected Accredited Practitioner members who are eligible for audit - Specialist Mental Health Mentors in December 2024 and Mental Health Advisers in July 2025.

Engagement

Meetings and Continuing Professional Development (CPD) sessions

Our meetings and CPD sessions for members are varied, and form a core benefit of membership with UMHAN. In **2024/25** we held **53** separate meetings for members, with **807** attendees. Members have been able to watch the recordings of these meetings at a later date if unable to attend in person. An additional **621 individual views** of meeting recordings also took place during the year. The top 5 most watched videos included four Lunch & Learns and the session held on University Mental Health Day 2025.

We hold regular meetings for individual role types - Mental Health Advisers, Specialist Mental Health Mentors, Managers and Associates. Topics discussed in member meetings this year have included:

- Supporting students who are struggling financially
- Supporting students with chronic fatigue syndrome
- The use of AI and its impacts on student mental health
- A resource share
- National review of HE student suicide deaths
- Safeguarding
- Making support more accessible to students from different cultures/ethnicities
- Supervision
- Caseloads.

Our monthly Lunch & Learn sessions also continue to prove very popular. Topics are based on feedback and requests from members and we also approach academics, researchers, charities, and other professionals we feel are relevant to members' interests. This year we have held the following sessions:

- Supporting bereaved students
- Impact Measurement Scale - a practitioner-led tool which captures presenting concern data along with an impact rating
- SHARE study - the mental health and well-being experiences of university students and commonly used measures in university support services
- University sheds - an initiative from the Men's Sheds movement
- Supporting autistic students with their mental health

- Supporting racially and ethnically minoritised students with their mental health
- A UMHAN member's personal experiences of late diagnosed autism
- An introduction to Spectrum First's Neurodiversity Acceptance Training
- The Employment Outcomes and Career Journeys of Disabled Graduates

We also held a Lunch & Learn on University Mental Health Day which was open to all:

- 'Climbing for Wellbeing' with Andy Cross, University of Cumbria.

Many of these sessions were delivered by experts by experience reinforcing our inclusive approach where people with mental health conditions can thrive and their contributions are valued and respected. The best attended session was a Lunch & Learn in April 2025 where UMHAN member Martyn Brown presented an introduction to the Autistic Spectrum, the co-occurrence of mental health difficulties in autistic individuals and how to best support autistic students with mental health difficulties which had 69 attendees. Recordings of these sessions are edited and then hosted on the UMHAN Event Recordings page of the website which means that they can be accessed by members unable to attend.

We have also built on our specialist meetings for professionally registered staff, with regular termly meetings for Occupational Therapists, Social Workers and Nurses this year with the aim to ensure members can easily remain professionally registered through networking, sharing best practice and reflective sessions with peers.

Additionally, we provide opportunities for members to receive specialist training from partnerships with other organisations. This year members were able to access training from Ygam, a national charity with a social purpose to inform, educate, safeguard, and build digital resilience amongst young and vulnerable people; helping them to make informed decisions and understand the consequences around gambling and gaming. Ygam kindly provided FREE City & Guilds Assured Training for UMHAN members to enhance their knowledge on key topics surrounding gaming & gambling in the student population and promote early intervention to minimise harm over the course of two hourly sessions. Both sessions held in July 2025 were well attended.

During 2024/2025 the Advisory Group has continued to be involved in a number of consultative exercises including:

- Providing feedback on UCAS disability and mental health question adjustments (September 2024)
- UMHAN involvement in a bid to the Office for Students' Equality of Opportunity Risk Register invitation to tender on students with mental health conditions and intersections with neurodivergence and other disabilities with the Universities of Lincoln and Nottingham (November 2024)

- Work with AMOSSHE and the Student Support Champion Project Manager as part of the Higher Education Mental Health Implementation Taskforce (HEMHIT) case management interview questions (December 2024).

The Advisory Group is an important mechanism whereby a small and engaged group of members are more involved in the charity by sharing insight, ideas and their specialist knowledge in relation to a range of activities (research, collaboration, sector expertise) facilitated by the Head of Research and Engagement.

Survey

At UMHAN we regularly survey our members on issues such as caseload, working conditions and their membership. Results are presented to the Board of Trustees to inform development work.

This year we delved further into research and evaluation practices particularly in relation to the use of Routine Outcomes Measures and we also asked about NHS waiting times and current sector initiatives.

Headline findings from the Member Survey 2024 include:

- A total of 92 members completed the survey, a response rate of 13%, consistent with prior member survey response rates from 2023, 2022 and 2021
- The percentage of mentors' students who are considered 'high risk' varied with the majority supporting a caseload of up to 50% (81%). For most mentors, this proportion had stayed about the same over the last year (68%)
- SMHMs commented that the complexity of need amongst the students they support had increased as had the numbers of students they support who are neurodivergent and experiencing mental health issues
- It was clear that what works best for the student is being listened to as part of a regular, personalised, empathetic and one-to-one relationship in which the student and mentor come up with practical strategies to support the student
- In terms of the percentage of their caseload that was considered 'high risk' this varied greatly but taken together, for 67% of MHAs this was between 10% and 50% and for 33% of MHAs it was between 60% and 100% of their caseload. For almost half of MHAs this proportion had stayed about the same (48%) but had increased for 44%
- Complexity of issues amongst students was another common theme. It was observed that there had been changes in risk, possibly as a result of the current cost of living crisis with more students using coping mechanisms such as drinking

- MHAs tended to favour the one-to-one nature of the support they provide which is personalised whilst being responsive (where possible). It was also important that students were supported to think about their personal goals and what success might look like for them. Helping students develop their confidence to approach/communicate with others including health professionals external to the university or advocating on behalf of the student to professionals and/or teams was an important approach. Psychoeducation (learning about and understanding mental health and wellbeing) was also an important component of much of MHA's work with students
- For most Managers the service caseload had increased by some degree since the last academic year
- NHS waiting times: Long waiting times for NHS services, particularly for specific cohorts (e.g., those awaiting ADHD/ASC assessments or gender affirming care), put additional pressure on university services.
- The majority of respondents are collecting, monitoring and evaluating data in relation to their support for student mental health. Lack of time and multiple data collection systems hamper efforts to successfully measure the impact of interventions and activities
- A flexible working environment was favoured by the majority of survey respondents (61%) whilst over half work from home for a set number of hours (56%)
- While 34% of UMHAN members intend to stay in their roles for the near future and 24% are undecided, 23% are contemplating leaving within the next two years. The key factor was pay for 44% of members whilst lack of progression was also a motivating factor for 40% of respondents.
- The majority of members feel that UMHAN meetings, training and CPD are useful to them (73%) but at the same time, 63% struggle to fit in CPD, although they do manage to do some

Feedback

Overwhelmingly, there are three key aspects of membership that members value:

- **Continuing Professional Development (CPD) opportunities** provided by UMHAN including Lunch & Learns, training, members' meetings, the monthly newsletter & the Community Forum
- **Information, advice and guidance** including online resources, sector news, peer advice, discussion topics, best practice, research

- **Community of Practice** - feeling part of a community of peers which is supportive and hearing and learning from others in a friendly, welcoming environment.

Indeed, members were asked if they feel like part of a community at UMHAN. This was a new question for 2024. Over half of members said 'yes' and 30% of members said 'sometimes'.

I love the Lunch and Learns, as well as the diversity of how to engage with the service such as by reading blogs, by attending sessions, by using the forum etc.

It feels like UMHAN are the only people who actually give updates about the sector/role, I'm not sure I would hear about this otherwise e.g. government plans/changes etc.

Being able to reach out to the community for advice.

Sharing of resources and news about topics affecting us all.

Meeting with mental health professionals from other universities and hearing about different ways of working, discussing ideas, talking through challenges, etc.

Lunch and Learns are excellent and encourage open and honest conversations.

(Quotes from Member Survey, 2024)

The benefits rated as 'extremely important' by the largest proportions of members include the recordings of Lunch & Learn sessions which are available on the website to members; the resources pages on the website (many of which are members-only); Lunch & Learn sessions where external speakers present on a student mental health related topic to members, and recordings of members' meetings which include meetings for Advisers, Mentors, Managers and Associates as well as profession specific meetings for members with an Occupational Therapist, Nurse, Social Worker, Counsellor and Psychologist background.

We first generated a Net Promoter Score (NPS) in 2023 and this year we repeated the question in order to provide some comparable data. NPS is a market research metric which measures customer experience by asking a single question of members - would they recommend the organisation to a colleague. It is generated by calculating the percentage of members who are 'promoters' (those who select a 9 or 10 in response to this question) minus the percentage who are 'detractors' (those who select between 0 and 6).

Promoters are understood to be loyal enthusiasts who will keep buying and help fuel growth by recommending your product whilst detractors are unhappy customers and can damage your brand. Passives (those who select a 7 or 8 in response to this

question) are satisfied but unenthusiastic which makes them susceptible to rival brands (Qualtrics, 2025).

The NPS for 2024 is 62%. Last year it was 70%. What does this mean? *“it is generally acknowledged that a positive score is good, a score of +50 or more is excellent and a score of +75 or more is exceptional”* (DataKindUK, 2025).

Celebrating Members

UMHAN's first Awards were set up during 2023/2024 by former Charity Manager Sam Gamblin. The awards consisted of 9 categories recognising and celebrating the range of work that UMHAN members do to support student mental health. The Awards ceremony was held online in November 2024. Winners received certificates and a £50 e-shopping voucher. The Awards were accompanied by an active social media campaign. Following the success of the inaugural awards, they will be continued with this year's ceremony taking place online in December 2025.

Other Work

Publications

During this period we published a number of reports and blogs including our annual report on the UMHAN member survey:

Member Survey 2024: Insights into student mental health support in higher education (January 2025).

We were also pleased to publish a Mentor Handbook on our website (July 2005). This had been written by a UMHAN member, Hannah Facey who had been commissioned by former manager, Sam Gamblin, to undertake this work. Following a period of editing this guide was included in the Resources section of the UMHAN website and its purpose is to support members who are experienced mental health professionals but may be new to specialist mental health mentoring and unfamiliar with the HE context and supporting students.

Research

A report detailing the findings of a small-scale research study on the role and impact of Mental Health Advisers (MHAs) in UK Higher Education (HE) which consisted of a review of the literature, focus groups with MHAs and a survey of students who had received support from a MHA whilst at university was published. It was written by UMHAN's Head of Research and Engagement, Dr. Rachel Spacey, in September 2024. A summary version was also produced and is available online and its release was accompanied by

a blog on the UMHAN website and promoted on our social media channels and in the newsletters.

Newsletters and external communications

We have two monthly newsletters - one for UMHAN members and one for newsletter subscribers (non-members). Our monthly newsletter is sent to all current members and approximately 800+ non-members.

The open rate for the newsletter for 2024/25 is **39%** for members and **34%** for non-members (calculated as yearly averages). The benchmark rate for email marketing is 36%.

We use the newsletter and our social media channels to increase awareness of the work done by our members, to report current trends and themes and to engage in relevant sector topics. This helps to not only increase UMHAN's profile and our key principles, but that of our members.

External Representation

UMHAN is represented on a number of key sector working groups by staff and by the Trustees. During this period, UMHAN was represented at the following:

- The Mental Wellbeing in Higher Education Expert Group (MWBHE) by Dr. Anna Matthews
- National Review of HE Student Suicides Expert Advisory Group (HEMHIT working group) by Phil Scarffe
- Disabled Student' Allowances (DSA) Operations Group by Rachel Spacey
- Disabled Students Stakeholder Group (DSSG) by Rachel Spacey

UMHAN was also one of the signatories to the AGCAS co-ordinated statement on the HESA staff record consultation released on Friday 21st March 2025. We also supported a letter led by the British Assistive Technology Association to the Minister for Social Security and Disability regarding recent funding cuts to assistive technology for students in HE and its broader implications for disabled students.

Our input with external organisations tends to focus on the specialist roles which make up our membership, multidisciplinary team working, practical strategies for supporting students, the need for good data and evidence, mental health conditions through a disability lens and removing barriers to successful education for students with mental health conditions.

Partnership Working

As part of our vision to grow our membership, we have begun working more closely with a number of commercial partners. This year, we initiated discussions with Randstad, one of the largest recruiters in the sector, exploring opportunities to support their staff with ongoing professional development and CPD. We believe this collaboration has strong potential to benefit both parties and we have already seen membership rise from the referral process into UMHAN from Randstad. In addition, we have partnered with UMO to establish a similar support structure through engagement with their mentors, further strengthening an already positive and productive relationship.

We have also established a strong working relationship with Togetherall, who share the passion and commitment to supporting UMHAN's growth. Their openness to collaboration has been encouraging, and we welcome their support as we continue to move forward strategically into 2026.

More recently, we have been approached by CareScribe, who are interested in exploring potential collaboration with us. As interest from technology companies working in the mental health space continues to grow, we are pleased that organisations like these recognise UMHAN's role and importance in the sector, as well as wanting to aid us in achieving our goals.

Bid Development

UMHAN has made multiple bids for alternative funding in 2025 for core costs in particular as costs to run the organisation continue to rise.

- ★ The National Lottery: The UK Fund - £551,691. This is to cover all salaries over the next 6 years while we scale up our project to include those in FE, as well as to take the next step with our research network.
- ★ The National Lottery: The Community Fund - £20,000 - This was to cover core costs during the cost of living crisis.
- ★ The Allen Lane Foundation: £8,943 - This is to cover our Administrative Executive's salary for the next 12 months.
- ★ The Albert Hunt Trust: £5,000 for core costs.
- ★ The Pixel Fund: £5,000 for core costs.
- ★ The Postcode Community Trust: £67,405 - This is for core costs for our Administration Executive over the next three years.

UMHAN has also worked with partners to develop bids for research and development projects the largest of which was a bid with the Universities of Lincoln and Nottingham. The bid was led by Dr. Rebecca Sanderson, University of Lincoln and submitted to the Office for Students for the Supporting Neurodivergent Students Holistically in Higher

Education (SuNSHinE) project. Unfortunately the bid was unsuccessful - we were informed in December 2024.

Regular Attendance

There are a number of working groups/advisory boards/stakeholder groups at which UMHAN has a regular presence. During 2024/25 these included:

Disabled Students Stakeholder Group

DSA Operations Group

The Mental Wellbeing in Higher Education Expert Group

Student Counselling Research, Outcomes & Evaluation (SCORE)

Higher Education Mental Health Implementation Taskforce (HEMHIT)

Nurture-U (was the University Student Wellbeing Project) - UMHAN is on the External Advisory Board for this four-year research flagship project funded by UKRI

Ongoing/Ad-hoc

During 2024/25 we have had introductory meetings, catch ups and partnership meetings with the following organisations:

Universities and Colleges Application Service (UCAS)

Student Minds

Independent Higher Education (IHE) Research and Policy staff

Academic Registrar's Council (ARC)

AGCAS - the Association of Graduate Careers Advisory Services

Impact of our work

The impact of our work during 2024/2025 was gauged in a number of ways including our reach (e.g. by social media metrics), growth (e.g. membership numbers) and influence (e.g. collaboration requests/working arrangements). However, we appreciate that as UMHAN has grown we need to develop a more effective and rigorous way to demonstrate our impact.

Impact evaluation

Our new strategic plan (2025-30) sets out the impact we plan to make. We are committed to developing our understanding of our impact within the next five years through the creation of a UMHAN Impact Evaluation plan which will include our Theory of Change. This will be led by our Head of Research and Engagement.

In the meantime, the impact of our work can be partially demonstrated by the following:

Growth

- ❖ Between September 2024 and the end of August 2025 our membership grew from **691** to **793** members.
- ❖ We held **53** separate meetings for members, with **807** attendees.
- ❖ An additional **621** individual views of meeting recordings took place during the year.

Reach

- ❖ We saw **8.1k** X impressions in March 2025 for University Mental Health Day.
- ❖ Our best performing Tweet was in September 2024 with **1.6k** impressions. This was a repost from Dr Bethany Cliffe for a Call for Participants. It shows that when we are engaging with other specialists in the sector, our reach can be far greater overall.
- ❖ Our best performing LinkedIn posts were both related to changes at UMHAN. The announcement of the new Charity Manager gained **1219** impressions and this was followed by **772** impressions for the Administration Executive vacancy.
- ❖ Our best performing LinkedIn posts (in terms of both impressions and engagement) were in early November 2024 during the run up to the UMHAN 2024 Awards and the follow up posts which announced the winners. Impressions peaked at **583** on November 9th 2024 and to date have reached **1045** (a message the day after the awards).

Influence

During this year, our Head of Research and Engagement presented at the ARC (Academic Registrars' Council) Annual Conference in Leeds (November 2024) - *Supporting the supporters: Strategies for universities to support mental health professionals*. This was the first time UMHAN had worked with ARC.



We were also invited to speak on a panel at Randstad's Student Insights Report launch (July 2025).

UMHAN have also been involved in an output of the Higher Education Mental Health Implementation Taskforce (HEMHIT) working with the Project Manager, Ben McCarthy and Dr. Emma Maslin from AMOSSHE (the Student Services organisation) on a briefing paper about Case Management. This work involved interviewing a number of HE staff involved in case management including systems and promoting the call for participants via the UMHAN Community Forum.

Key Developments for 2025/26

Name Change/Rebrand

Members were consulted on a name change at the end of 2023 and were encouraged to vote for their preferred choice. A total of 220 votes were cast of which the winning name was 'Mental Health in Education' or MHinE (pronounced mine). Following a resolution at the AGM in December 2024 it was agreed that this change would be progressed. However, following a comprehensive review of our brand identity, we concluded that a full name change would risk losing the recognition and goodwill UMHAN has built over more than two decades. When our Charity Manager joined the organisation in 2024, it was decided following discussion with Trustees that a 'brand refresh' was a more appropriate approach. This preserves UMHAN's heritage while strengthening our visibility. The work that has gone into the 'brand refresh' will be implemented in Q1 2026.

Our analysis also highlighted that many organisations operate under similar names. At a time when distinctiveness in an increasingly crowded sector is essential, a name change would not necessarily support our goal of standing out. For these reasons, the Trustees agreed to pause the name change proposal for the foreseeable future and focus instead on refreshing the existing UMHAN brand.

Staff

Trustees agreed to the funding of both the Head of Research and Engagement (part time) and Administrator (part time) on a permanent basis from August 2025.

Membership

We will continue to aim our recruitment efforts at a wide range of staff, to promote the benefits of our network in supporting individuals and teams in particular at those HE institutions where we are not currently represented.

We will continue to develop our resources and training for members to ensure that their skills and knowledge are relevant and up to date.

Financial Review

Overview

Income has primarily increased due to membership development and some smaller one-off payments for consultancy and involvement in research projects.

Our accounts have been independently examined and can be viewed in a separate document. [See UMHAN Annual Accounts 2024/2025].

We are committed to expanding and enhancing both the UMHAN Awards and University Mental Health Day (UMHD) over the coming years. As part of this development, we hope to work more closely with our corporate partners to create opportunities that are mutually beneficial and financially sustainable for UMHAN.

Financial resilience continues to be a challenge for UMHAN, as we remain focused on delivering high-quality, cost-effective support in a sector where operational costs are continually rising. Despite this, we achieved significant membership growth in 2024 and are targeting a membership base of over 800 by the end of 2025. We will aim to do this by strengthening our partnerships to bring potential members onboard such as those in HE, FE and through agencies where we have struggled to reach in the last few years. As membership remains our primary source of income, this will continue to be a strategic priority.

It is important to note that our annual financial reports can show considerable fluctuation. This is largely due to the timing of institutional membership payments, many of which are received shortly before or after the financial year-end. As a result, some years may appear stronger or weaker financially than they truly are.

This report was written by Dr. Rachel Spacey (Head of Research and Engagement) and David Barker (Charity Manager), UMHAN.

Report of the Trustees and
Unaudited Financial Statements for the Year Ended 31 March
2025 for

University Mental Health Advisers Network (UMHAN)
University Mental Health Advisers Network

Contents of the Financial Statements
for the Year Ended 31 March 2025

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Report of the Trustees 1 Independent Examiner's Report 2

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of Financial Activities 12

University Mental Health Advisers Network

Report of the Trustees
for the Year Ended 31 March 2025

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2025. The trustees have adopted the provisions of 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).

The charity's trustees consider that an audit is not required for this year, under section 144 of the Charities Act 2011 (the 2011 Act) but an independent examination required as per section 145 of the Charities Act 2011 (the 2011 Act) which is included on page 2.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a Charitable Incorporated Organisation, as defined by the Charities Act 2011 (the 2011 Act).

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

CE001531 (England and Wales)

Registered Charity number

1155038

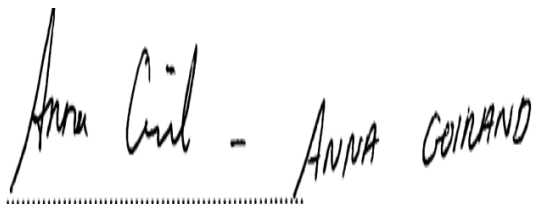
Registered office

Grosvenor House
3 Chapel Street
Congleton
Cheshire
CW12 4AB

Trustees

Lydia Pell Trustee
Anna Goirand Chair
Andrew Plumtree Trustee (resigned 27.3.25)
Hannah Borkin Trustee (resigned 27.3.25)
Victoria Obermaier Trustee (resigned 27.3.25)
Matthew Kempen Trustee
Tessa Bartlett Trustee (resigned 27.3.25)
Phillip Scarffe Trustee
Leonie Roberts Trustee (appointed 27.3.25)
Kristy Robinson Trustee (appointed 27.3.25)

Approved by order of the board of trustees on 07/10/2025..... and signed on its behalf by:

A handwritten signature in black ink, appearing to read 'Anna Goirand', with a horizontal line underneath.

Anna Goirand - Chair

('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2025.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Sajjad Jaffer FCCA
Harris Accountancy Services Ltd
Cobalt Square, 83 Hagley Road
Birmingham
B16 8QG

Date: 07/10/2025.....

Statement of Financial Activities
for the Year Ended 31 March 2025

31.3.25 31.3.24
Unrestricted Total
fund funds
Notes £ £

INCOME AND ENDOWMENTS FROM

Donations and legacies - 26

Charitable activities

Membership Fees 49,193 63,866 Training Delivery 478 3,135 Consultancy 250 265

Total 49,921 67,292

EXPENDITURE ON

Charitable activities

Training Delivery 1,370 3,178 Administrative expenses 9,295 9,006 Staffing and recruitment costs 59,822 48,004 Governance 840 840 Premises and associated costs 864 852

Total 72,191 61,880 **NET INCOME/(EXPENDITURE)** (22,270) 5,412

RECONCILIATION OF FUNDS

Total funds brought forward 81,995 76,583 **TOTAL FUNDS CARRIED FORWARD** 59,725

81,995

CONTINUING OPERATIONS

All income and expenditure has arisen from continuing activities.

The notes form part of these financial
statements Page 3

University Mental Health Advisers Network

Balance Sheet
31 March 2025

31.3.25 31.3.24

FIXED ASSETS

Tangible assets 6 - 176

CURRENT ASSETS

Debtors 7 8,792 11,520 Cash at bank 52,789 75,877

61,581 87,397

CREDITORS

Amounts falling due within one year 8 (1,856) (5,578) **NET CURRENT ASSETS** 59,725 81,819

TOTAL ASSETS LESS CURRENT

LIABILITIES 59,725 81,995

NET ASSETS 59,725 81,995

FUNDS 9

Unrestricted funds 59,725 81,995 **TOTAL FUNDS** 59,725 81,995

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2025.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2025 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The notes form part of these financial statements

Page 4 continued...

University Mental Health Advisers Network

Balance Sheet - continued
31 March 2025

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on

07/10/2025 and were signed on its behalf by:

A handwritten signature in black ink, appearing to read 'Anna Goirand - ANNA GOIRAND'. The signature is written in a cursive style with some capital letters.

Anna Goirand - Trustee

The notes form part of these financial
statements Page 5

University Mental Health Advisers Network

Notes to the Financial Statements

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer equipment - 25% on cost

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

2. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	31.3.25	31.3.24
	£	£
Depreciation - owned assets	<u>176</u>	<u>310</u>

3. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2025 nor for the year ended 31 March 2024.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2025 nor for the year ended 31 March 2024.

4. STAFF COSTS

	31.3.25	31.3.24
	£	£
Wages and salaries 57,841 46,351 Other pension costs <u>1,981 1,509</u>		
	<u>59,822</u>	<u>47,860</u>

The average monthly number of employees during the year was as follows:

	31.3.25	31.3.24
Part Time	<u>3</u>	<u>3</u>

No employees received emoluments in excess of £60,000.

The total amount of employee benefits received by key management personnel is £27,775 (£29,437 in 2023/24). The Charity considers its key management personnel comprise of the board of volunteer trustees and the Charity Manager.

University Mental Health Advisers Network

Notes to the Financial Statements - continued
for the Year Ended 31 March 2025

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES Unrestricted

fund
£

INCOME AND ENDOWMENTS FROM

Donations and legacies 26

Charitable activities

Membership Fees 63,866 Training Delivery 3,135 Consultancy 265

Total 67,292

EXPENDITURE ON

Charitable activities

Training Delivery 3,178 Administrative expenses 9,006 Staffing and recruitment costs 48,004 Governance 840 Premises and associated costs 852

Total 61,880 NET INCOME 5,412

RECONCILIATION OF FUNDS

Total funds brought forward 76,583

TOTAL FUNDS CARRIED

FORWARD 81,995

University Mental Health Advisers NetworkNotes to the Financial Statements - continued
for the Year Ended 31 March 2025**6. TANGIBLE FIXED ASSETS**Computer
equipment
£**COST**At 1 April 2024 and 31 March 2025 1,238**DEPRECIATION**At 1 April 2024 1,062 Charge for year 176At 31 March 2025 1,238**NET BOOK VALUE**At 31 March 2025 - At 31 March 2024 176**7. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**31.3.25 31.3.24
£ £Trade debtors 4,718 9,009 Other debtors 3,700 2,030 Prepayments 374 4818,792 11,520**8. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**31.3.25 31.3.24
£ £Trade creditors - 4,470 Social security and other taxes 692 - Other creditors 324 268
Accrued expenses 840 8401,856 5,578

University Mental Health Advisers Network

Notes to the Financial Statements - continued
for the Year Ended 31 March 2025

9. MOVEMENT IN FUNDS

Net
movement At
At 1.4.24 in funds 31.3.25
£ £ £

Unrestricted funds

General fund 81,995 (22,270) 59,725 **TOTAL FUNDS** 81,995 (22,270) 59,725

Net movement in funds, included in the above are as follows:

Incoming Resources Movement
resources expended in funds
£ £ £

Unrestricted funds

General fund 49,921 (72,191) (22,270) **TOTAL FUNDS** 49,921 (72,191) (22,270)

Comparatives for movement in funds

Net
movement At
At 1.4.23 in funds 31.3.24
£ £ £

Unrestricted funds

General fund 76,583 5,412 81,995 **TOTAL FUNDS** 76,583 5,412 81,995

Comparative net movement in funds, included in the above are as follows:

Incoming Resources Movement
resources expended in funds
£ £ £

Unrestricted funds

General fund 67,292 (61,880) 5,412 **TOTAL FUNDS** 67,292 (61,880) 5,412

Page 10 continued...

University Mental Health Advisers Network

Notes to the Financial Statements - continued
for the Year Ended 31 March 2025

9. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

Net
movement At
At 1.4.23 in funds 31.3.25
£ £ £

Unrestricted funds

General fund 76,583 (16,858) 59,725 **TOTAL FUNDS** 76,583 (16,858) 59,725

A current year 12 months and prior year 12 months combined net movement in funds,
included in the above are as follows:

Incoming Resources Movement
resources expended in funds
£ £ £

Unrestricted funds

General fund 117,213 (134,071) (16,858) **TOTAL FUNDS** 117,213 (134,071) (16,858)

10. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2025.

University Mental Health Advisers NetworkDetailed Statement of Financial Activities
for the Year Ended 31 March 202531.3.25 31.3.24
£ £**INCOME AND ENDOWMENTS****Donations and legacies**

Fundraising - 26

Charitable activitiesMembership fees 49,193 63,866 Training Revenue 478 3,135 Consultancy 250 26549,921 67,266**Total incoming resources** 49,921 67,292**EXPENDITURE****Charitable activities**Wages 57,841 46,351 Pensions 1,981 1,509 Insurance 855 650 Rent 864 852 Telephone 66 72
Postage and stationery 35 44 Advertising 331 193 Sundries 969 826 Consultancy fees 234 565
IT Software & Consumables 5,194 3,895 Staff Training 1,929 3,920 Travel Costs 106 532
Accountancy 840 840 Bank Charges 707 789 Subscription costs 63 533 Depreciation of tangible
fixed assets 176 30972,191 61,880Total resources expended 72,191 61,880 **Net (expenditure)/income** (22,270) 5,412

This page does not form part of the statutory financial
statements Page 12

UNIVERSITY MENTAL HEALTH ADVISERS NETWORK (UMHAN)

England & Wales - Charity number 1155038

Accounts



Annual Report 2023/2024

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About UMHAN

The University Mental Health Advisers Network (UMHAN) was founded by professionals in mental health work and has been instrumental in maintaining and improving the professional development and standards of mental health specialists and services in Higher Education (HE). UMHAN was first established in 2001 as an information-sharing network for mental health specialists working in HE and became a registered charity in 2003.

UMHAN was a key part in a series of important firsts in HE including the emphasis on practical and whole institution approaches to mental health, the development of mental health specific services in HE, facilitating awareness raising of mental health, and increasing the appropriate uptake of Disabled Students' Allowances (DSAs) for students with mental health conditions.

While UMHAN has broadened its membership to include other types of mental health specialist roles, its core aims have remained persistent over the years; these reflect the needs of specialists working in education, the requirements of people with mental health conditions undertaking education, and the benefits of positive action in education and mental health to students, education and society at large.

Aims and Objectives

The object of the charity is to advance the education of people with mental health conditions through improving access to HE.

Our aims are to:

- Influence policy development in the fields of education, mental health, disability, and beyond, to proportionately and accurately represent the needs and interests of people with mental health conditions.
- Ensure mental health support staff working in education are equipped with the tools, support, and empowerment to best support students, and ensure national representation to influence the sector for good.
- Remove the barriers to the full participation of people with mental health conditions in HE and beyond, encouraging the development of a culture in which people with mental health conditions studying in HE is a mainstream notion.

Key Activities

UMHAN is primarily a membership organisation and seeks to fulfil its aims by enabling the sharing and promotion of best practice through our networks, ensuring that members are kept up to date with the latest developments in the sector. We offer our members online meetings, forums and tailored resources.

We also actively seek to collaborate with key stakeholders and influencers in order to promote the needs and interests of people with mental health conditions, and to achieve the best educational outcomes for students with mental health conditions.

Funding

Our work is funded almost exclusively through membership fees. This income largely pays the salaries of our three staff all of whom work part time: Charity Manager, Policy & Engagement Officer and Administrator who undertake all day to day development and administration work.

Public Benefit

The trustees have had regard to the Charity Commission's guidance on public benefit. We believe that by empowering mental health professionals working in education to develop their skills and expertise, and practice safely by providing networks, training and resources we advance the inclusion of people with mental health conditions in education, positively affecting health outcomes and life opportunities.

Organisational Developments 2023/2024

Governance

Trustees

This report covers the period September 2023 to end August 2024. We have seen some movement within the Board this year due to changes in the circumstances of Trustees.

We started the year with seven trustees, led by Chair, Dr. Anna Matthews. Phil Scarffe took over as Chair when Anna stepped down in December 2023. In July 2024, Hannah Borkin took over as interim Chair when Phil Scarffe relocated to a new post in Dubai.

The Board of Trustees included:

- Tessa Bartlett (Marketing and Communications)
- Hannah Borkin
- Matt Kempen (Marketing and Communications)
- Anna Matthews
- Lydia Pell
- Andrew Plumtree (Treasurer)
- Phil Scarffe.

Recruitment

A recruitment exercise for new Trustees is planned to take place in early 2025. Tessa Bartlett wishes to step down from the Board at the AGM in December 2024.

Membership

Members

We have seen a steady increase across all of our membership types and across geographical locations. This reflects our unique position representing multidisciplinary mental health practitioners in education. We hope to continue to develop and increase our inclusive community over the next year, while upholding our key principles as described in our Conduct & Capability Framework.

Due to the timing of renewals and invoicing, it is more accurate to provide data from April to April rather than our year end (31st March).

At the end of April 2024 we had:

- 331 Accredited Practitioner (Adviser) - 16% annual **increase**
- 198 Accredited Practitioner (Mentor) - 6% annual **increase**
 - 93 Associates - 43% annual **increase**
 - 78 Managers - 50% annual **increase**
 - 700 members - 19% annual **increase**.

The Memberwise Retention Calculator calculates the following figures for UMHAN membership:

- Membership recruitment rate: **27.1%**
- Membership retention rate: **82.7%**

How do you compare with other UK membership organisations?

- Average member recruitment rate = **12.5%**
Average member retention rate = **86%**

Our retention rate is largely based on employers' retention of staff, as the large majority of members remain with us until they move roles. This year's retention rate is slightly higher than for 2022/23 (80.8%).

Our recruitment rate reflects work done to highlight our value to members, and raising our profile more generally. It also indicates member's satisfaction with UMHAN, as the majority of new members find us through word of mouth. The recruitment rate is slightly lower than it was for 2022/23 (34.5%) which may be an indication of well publicised financial pressures on the HE sector but is still very high when compared with other membership organisations.

There has been an increase across all membership types. Our most popular form of referral is by word of mouth predominantly via other members including colleagues. A small but significant proportion find out about membership via a search engine.

Value

Our annual member surveys show that UMHAN members highly value the networking opportunities offered by membership, specifically the Community Forum, members' meetings and Lunch & Learn sessions - all of which are hosted online. This gives members an opportunity to share best practice, ask questions,

share resources and ideas and help improve the support provided to students with mental health conditions, and thus their educational opportunities and outcomes.

UMHAN also provides up to date resources and information about sector developments relevant to mental health and education:

The sense of community and being able to learn from other UMHAN members' approaches, and being able to share with them potentially useful experience and knowledge.

(Quote from Member Survey, 2023)

Our audit of members provides a quality assurance mechanism which helps to professionalise the roles within HE. Members' interests (and by association those of students with mental health conditions) are represented in our strategic and collaborative work with other organisations, where we seek to give a voice to students and those who support them.

Engagement

Meetings and Continuing Professional Development (CPD) sessions

Our meetings and CPD sessions for members are varied, and form a core benefit of membership with UMHAN. In **2023-24** we held **65** separate meetings for members, with **937** attendees. Members have been able to watch the recordings of these meetings at a later date if unable to attend in person. An additional **581 individual views** of meeting recordings also took place during the year.

We hold regular meetings for individual role types - Mental Health Advisers, Specialist Mental Health Mentors, Managers and Associates. Topics discussed in these member meetings this year have included universities' duty of care, supporting international students and students who have reported an incident of sexual violence, the Department for Education Non-Medical Helper consultation and supporting anxious students, amongst many others:

It's just great. I started out alone as an MHA; it's a community/network, I LOVE the managers' meetings, great solidarity, like-mindedness, shared experiences, and similar challenges. So the meetings come top for me.

(Quote from Member Survey. 2023)

Our monthly Lunch & Learn sessions also continue to prove very popular. Topics are based on feedback and requests from members, such as supporting students with borderline personality disorder (BPD), self-harm, ADHD, male mental health and the

University Mental Health Charter. Many of these sessions were delivered by experts by experience; this underlines our commitment to create a whole person and inclusive approach where people with mental health conditions can thrive and their contributions are valued and respected. The best attended session was our event for **University Mental Health Day in March 2024** with **198 attendees**. Recordings of these sessions which are edited and hosted on the UMHAN Event Recordings page of the website means that they can be accessed by members unable to attend.

We have also built on our specialist meetings for professionally registered staff, with regular termly meetings for Occupational Therapists, Social Workers and Nurses this year with the aim to ensure members can easily remain professionally registered through networking, sharing best practice and reflective sessions with peers.

Additionally, we provide opportunities for members to receive specialist training from partnerships with other organisations. This year members were able to access training including *Safeguarding*, *Active Bystander* and *Using Outcome and Feedback Measures Effectively*.

We also re-established our Advisory Group, led by Rachel. This is an opportunity for members to get further involved in the charity by giving insight, ideas, feedback and support to the Manager and Trustees. During 2023/2024 the Advisory Group has been involved in a number of consultative exercises including the UMHAN Awards, the NMH Call for Evidence, supervisor documentation and the UCAS mental health declaration wording.

Survey

At UMHAN we regularly survey our members on issues such as caseload, working conditions and their membership. Results are presented to the Board of Trustees to inform development work.

This year, in addition to revisiting the standard questions we have asked before in order to analyse patterns and trends we delved deeper into research and evaluation practices particularly in relation to the use of Routine Outcomes Measures. This data has been shared with sector partners including SCORE, IMS and a new relationship with the What Works Centre for Student Access and Outcomes, TASO, to highlight the realities and challenges for members when evidencing improvement and impacts to student mental health outcomes. We also asked about NHS waiting times and current sector initiatives.

Headline findings from the Member Survey 2023 include:

- A total of 104 members completed the survey, a response rate of 16.9 per cent, consistent with prior member survey response rates from 2022 and 2021
- 75.5 per cent of SMHMs caseload was made up of up to 50 per cent of 'high risk' students - over the last 12 months this proportion has stayed roughly the same for most SMHMs
- Mentors highlighted the increased numbers of students who are neurodivergent (primarily Attention Deficit Hyperactivity Disorder (ADHD) and/or Autism Spectrum Condition (ASC)) presenting with mental health conditions or awaiting formal diagnoses
- Mentors cited listening to students, building relationships and employing support strategies tailored to the individual as their most effective interventions and activities
- For almost 70 per cent of MHAs, their caseload was made up of up to 50 per cent of 'high risk' students - over the last 12 months this proportion had either increased or stayed about the same
- MHAs reported dealing with more students who presented with complex or higher needs than in the past. Their caseload was complicated by the fact that it was harder to refer them to NHS or other services
- MHAs felt that listening to students and the one-to-one nature of support was important. The use of reasonable adjustments and liaison with university staff and departments was also popular
- For most Managers the service caseload had increased by some degree since the last academic year
- Referrals by UMHAN members to NHS services was an ongoing source of concern. Some were unable to refer directly to NHS services whilst others described how their referrals were ignored or not accepted
- The majority of respondents are collecting, monitoring and evaluating data in relation to their support for student mental health. Lack of time and multiple data collection systems hamper efforts to successfully measure the impact of interventions and activities
- A flexible working environment was favoured by the majority of survey respondents and almost half of members worked flexibly including working from home for a set number of hours
- Two fifths of members are considering leaving their role in the next five years. Pay was the most cited reason
- The largest number of members responding to the survey were in agreement that UMHAN's meetings, training and CPD are useful to them, however, almost 70 per cent of respondents struggled to fit in CPD although they did manage to do some.

Feedback

Overwhelmingly, members value the sense of community UMHAN creates through being part of a friendly group of similar professionals across institutions brought together at online meetings and in the Community Forum where they can share information, experiences and resources in a safe space and grow with support from UMHAN. Members describe the online sessions as ‘friendly’, ‘informative’, ‘useful’, ‘valuable’, ‘well-facilitated’ and ‘supportive’. The largest number of members responding to the survey were in agreement that UMHAN’s meetings, training and CPD are useful to them.

This was the first year a question to generate a Net Promoter Score (NPS) was included in the Member Survey. NPS is a market research metric which measures customer experience by asking a single question of members - would they recommend the organisation to a colleague? The NPS for UMHAN was 74.0 per cent; a NPS of 70 plus “means your customers love you and your company is generating a lot of positive word of mouth from their referrals” (retently.com, 2023):

I like the Lunch and Learn sessions as they are good CPD and recorded. The mentor meetings are also really good to keep up to date with what is happening in the sector.

Regular online meetings, both role-based (i.e. MHA) and professional background-based (i.e. OT, Social Work etc.)

It's just great. I started out alone as an MHA; it's a community/network, I LOVE the managers' meetings, great solidarity, like-mindedness, shared experiences, and similar challenges. So the meetings come top for me.

The feeling of togetherness, of understanding for the role we do and continued support and training.

It feels personal and it has its members' well-being at its heart.

That I feel UMHAN understands my role in a way that sometimes my employer doesn't anymore. That you fight not only for us but for the students we work with. That you provide varied CPD opportunities.

Celebrating Members

UMHAN’s first Mental Health in Education Awards were set up during 2023/2024 by Sam Gamblin. The awards consisted of 9 categories recognising and celebrating the range of work that UMHAN members do to support student mental health. A page was set up on the website and the UMHAN Advisory Group checked the wording and categories for the awards. The awards were promoted heavily on social media and in member communications. A panel of experts including a UMHAN member were

approached to form the judging panel. Nominations closed earlier in 2024 and the winners were selected in July 2024. Due to the change in UMHAN staff personnel the Awards ceremony was postponed until November 2024. Winners will receive certificates and a £50 e-shopping voucher. The Awards will be accompanied by an active social media campaign.

Other Work

Publications

This year with the appointment of the Policy & Engagement Officer we have capitalised on the findings of the Member Survey 2023 Report to articulate the practical and strategic benefits of the specialist roles we represent in more detail as well as drawing attention to the challenges they face. We had two pieces published in Wonkhe, the 'home of Higher Education debate' authored by Rachel and Sam ([18 Oct 2023](#) and [2 May 2024](#)) to coincide with UMHAN's 20th birthday and the Member Survey results. We also had a piece published by the [HE think tank, HEPI](#), to coincide with University Mental Health Day 2024, on why UMHAN continues to campaign to encourage students and university applicants to disclose a mental health condition to their HE Provider.

We have continued to build on our [Blog](#) with posts by staff, members and students on issues related to student mental health including our continuing campaign, 'I Chose to Disclose'.

A substantial amount of staff time and effort went into co-ordinating a [response](#) to the Department for Education's Non-Medical Help (NMH) consultation which took place in summer 2024. UMHAN worked collaboratively with a number of other third sector membership organisations (NADP, PATOSS, ADSHE and ANMHP) to publish guidance for members wishing to respond to the consultation as well as publishing UMHAN's own response.

Research

This year has seen the development of a number of research projects and initiatives led by our new Policy & Engagement Officer, Rachel Spacey. Rachel scoped the research into members' roles and proposed a project exploring 'the role and benefits of Mental Health Advisers'. During the year she has devised the ethics protocol, undertaken a literature review, gathered data in focus groups and via a survey. The final report will be published in September/October 2024.

Rachel has also attended meetings of a research nature including Nurture-U, SCORE and SHARE as well as collaborating with TASO for a workshop at the SMarTeN, Student Mental Health Conference held in June 2024 in London. She has also created research collaboration guidelines which are available on the UMHAN

website which set out our position regarding research partnership. Rachel has delivered presentations at a number of conferences including ‘Access, participation, and student success’ (Universities UK), ‘The Student Mental Health and Wellbeing Conference 2024’ (Government events) and the ‘Student Mental Health: Implementation Toolkit Conference’ (HE Professional).

Newsletter and external communications

Our monthly newsletter is now sent to all members and 1071 non-members (a 59% annual increase compared with 47% for 2022/23). The open rate for the newsletter is 41% for members and 39% for non-members (calculated as a yearly average) for 2023/2024 which is over the benchmark rate of 36% for email marketing.

We use the newsletter and our social media channels to increase awareness of the work done by our members, to report current trends and themes and to engage in relevant sector topics. This helps to not only increase UMHAN’s profile and our key principles, but that of our members.

External Representation

Former Charity Manager, Sam Gamblin and Policy & Engagement Officer, Rachel Spacey along with past Chairs, Anna Matthews and Phil Scarffe have undertaken the majority of external representation/collaboration work but with some vital additional input from other Trustees and members. For example, Sam chaired an Open Forum Conference on ‘Supporting Student Mental Health’ in Q3 2023 whilst Phil and Sam met with the lead researcher from the student suicide project related to HEMHIT and fed back on guidance for HE providers in Q1 2024. Rachel was invited by TASO to attend the online, inaugural ‘Student wellbeing dialogue UK-NL’ held in Q2 2024.

Our input with external organisations tends to focus on the specialist roles which make up our membership, multidisciplinary team working, practical strategies for supporting students, the need for good data and evidence, mental health conditions through a disability lens and removing barriers to successful education for students with mental health conditions.

Regular Attendance

Disabled Students Stakeholder Group

The Mental Wellbeing in Higher Education Expert Group

Student Counselling Research, Outcomes & Evaluation (SCORE)

SHARE (Students' mental Health Assessment, Reflection & Experiences) project

Higher Education Mental Health Implementation Taskforce (HEMHIT)

Nurture-U (was the University Student Wellbeing Project) - UMHAN is on the External Advisory Board for this four-year research flagship project funded by UKRI.

Ongoing/Ad-hoc

We have catch up and partnership meetings with:

British Association for Counselling & Psychotherapy - Universities and Colleges division/Head of University Counselling Services (BACP-UC/HUCs)

Association for the Managers of Student Services in Higher Education (AMOSSHE)

National Association of Disability Practitioners (NADP)

Universities UK (UUK)

Universities and Colleges Application Service (UCAS)

Association of Colleges (AoC)

Student Minds

Office for Students (OfS)

Charlie Waller Trust (CWT)

Independent Higher Education (IHE)

TASO (Transforming Access and Student Outcomes)

Academic Registrar's Council (ARC)

Impact Measurement Scale (IMS) with Newcastle University

Bipolar UK

Impact of our work

The impact of our work during 2023/2024 was gauged in a number of ways including our reach (e.g. by social media metrics), growth (e.g. membership numbers) and influence (e.g. collaboration requests/working arrangements). However, we appreciate that as UMHAN has grown we need to develop an effective and rigorous way to demonstrate our impact. We hope to prioritise this development in early 2025.

In the meantime, the impact of our work can be partially demonstrated in the following:

Growth

- Between April 2023 and end April 2024 we had a 19% annual increase in memberships (n=700)
- We held 65 separate meetings for members, with 937 attendees, compared to 53 separate meetings for members with 813 attendees during 2022/2023
- An additional 581 individual views of meeting recordings took place during the year, compared to 435 views during 2022/2023.

Reach

- Between April 2023 and end April 2024 we had a 19% annual increase in LinkedIn followers (n=1861 compared to n=1564)
- Between April 2023 and end April 2024 we had a 3% annual increase in X followers (n=2924 compared to n=2841)
- The number of subscribers (non-members) to the UMHAN newsletter increased by 25% during 2023/24 (from n=665 to n=890)
- We had 450 registrations to attend our free University Mental Health Day Webinar with 198 people attending on the day. We also saw 14.2k X (Twitter) impressions in March 2024 - our best performing post was about staff mental health being as important as student mental health.

Influence

- The Charity Manager was involved in a HEMHIT (Mental Health Taskforce) round table meeting to discuss methods of identifying students at risk. Sam has had regular conversations with the Taskforce project manager and UMHAN are scheduled to be involved with ASMOSSHE on HEMHIT guidance relating to case management later in the year
- The UMHAN background note to the DfE NMH Call for Evidence resulted in our best performing Tweet in Q2 2024 with 1.5k impressions. We have also had feedback from other organisations (including IHE) that our document was helpful in informing their own response to the consultation. Similarly, our best performing LinkedIn post during the same period was where we shared a

document we had written with other third sector organisations. This received 978 impressions

- The Member Survey 2023 Report and our associated articles (in Wonkhe and on the HEPI blog) were picked up by other organisations including the Times Higher Education (THE). The THE piece resulted in our best performing LinkedIn post in Q1 2024. It was also mentioned in the Committee of University Chairs Newsletter: February 2024.

Key Developments for 2024/2025

Name Change

Members were consulted on a name change at the end of 2023 and were encouraged to vote for their preferred choice. A total of 220 votes were cast of which the winning name was 'Mental Health in Education' or MHinE (pronounced mine). Following a resolution at the AGM in December 2024 this change will be progressed.

As we continue the process of changing our name, the Trustees and staff will consult with members on our new strategy for 2025 onwards which will help drive our policy, research and engagement activity.

Staff

Trustees agreed to the funding of a fixed term, part time Policy & Engagement Officer post, to help demonstrate the impact of UMHAN and its members, as well as helping to provide a more dynamic response to sector policy developments. Rachel Spacey was appointed to this post and began working at UMHAN in August 2023. The post was recently extended for a further year following a role review.

In July 2024, Sam Gamblin, UMHAN Charity Manager left and a new appointment, David Barker, began in September 2024. UMHAN's Administrator, Michelle Davies also moved on to a new role and left UMHAN in early September.

Planned developments for 2024/2025 include the recruitment of a new Administrator (12 hours) and the creation of a volunteer role - social media intern to assist the team with social media/marketing. It is anticipated that Rachel's hours (currently at 4 days as an interim measure) will be reviewed in March 2025.

Membership

We will continue to aim our recruitment efforts at a wide range of staff, to promote the benefits of our network in supporting individuals and teams in particular at those HE institutions where we are not currently represented.

We will continue to develop our resources and training for members to ensure that their skills and knowledge are relevant and up to date.

Financial Review

Overview

Income has primarily increased due to membership development and some smaller one-off payments for consultancy and involvement in research projects.

Our accounts have been independently examined and can be viewed in a separate document.

Future Plans

Our reserves mean that we are able to employ the Policy & Engagement Officer for one more year; we are hopeful that their work may in turn help to ensure membership continues to increase. They will also be looking to secure alternative funding streams through research collaboration.

[See UMHAN Annual Accounts 2023/2024 Final].

REGISTERED COMPANY NUMBER: CE001531 (England and Wales)
REGISTERED CHARITY NUMBER: 1155038

Report of the Trustees and
Unaudited Financial Statements for the Year Ended 31 March 2024
for
University Mental Health Advisers Network (UMHAN)

Contents of the Financial Statements
for the Year Ended 31 March 2024

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Report of the Trustees
for the Year Ended 31 March 2024

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2024. The trustees have adopted the provisions of 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).

The charity's trustees consider that an audit is not required for this year, under section 144 of the Charities Act 2011 (the 2011 Act) but an independent examination required as per section 145 of the Charities Act 2011 (the 2011 Act) which is included on page 2.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a Charitable Incorporated Organisation, as defined by the Charities Act 2011 (the 2011 Act).

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

CE001531 (England and Wales)

Registered Charity number

1155038

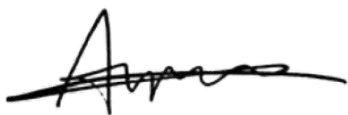
Registered office

The Moseley Exchange
149-153 Alcester Road
Birmingham
B13 8JP

Trustees

Lydia Pell Trustee
Anna Goirand Chair
Andrew Plumtree Trustee
Hannah Borkin Trustee
Matthew Kempen Trustee
Tessa Bartlett Trustee
Phillip Scarffe Trustee

Approved by order of the board of trustees on 18th September 2024..... and signed on its behalf by:



.....
Andrew Plumtree - Trustee

Independent examiner's report to the trustees of University Mental Health Advisers Network ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2024.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Sajjad Jaffer FCCA
Harris Accountancy Services Ltd
Cobalt Square, 83 Hagley Road
Birmingham
B16 8QG

Date: 02/08/2024

University Mental Health Advisers Network

Statement of Financial Activities
for the Year Ended 31 March 2024

	Notes	31.3.24 Unrestricted fund £	31.3.23 Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies		26	28
Charitable activities			
Membership Fees		63,866	57,091
Training Delivery		3,135	40
Consultancy		265	5,140
Total		67,292	62,299
EXPENDITURE ON			
Charitable activities			
Training Delivery		3,178	2,336
Administrative expenses		9,006	6,496
Staffing and recruitment costs		48,004	36,423
Governance		840	2,440
Premises and associated costs		852	616
Total		61,880	48,311
NET INCOME		5,412	13,988
RECONCILIATION OF FUNDS			
Total funds brought forward		76,583	62,595
TOTAL FUNDS CARRIED FORWARD		<u>81,995</u>	<u>76,583</u>

CONTINUING OPERATIONS

All income and expenditure has arisen from continuing activities.

University Mental Health Advisers Network

Balance Sheet

31 March 2024

	Notes	31.3.24 Unrestricted fund £	31.3.23 Total funds £
FIXED ASSETS			
Tangible assets	6	176	486
CURRENT ASSETS			
Debtors	7	11,520	12,195
Cash at bank		<u>75,877</u>	<u>64,674</u>
		87,397	76,869
CREDITORS			
Amounts falling due within one year	8	(5,578)	(772)
		<u> </u>	<u> </u>
NET CURRENT ASSETS		<u>81,819</u>	<u>76,097</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		81,995	76,583
		<u> </u>	<u> </u>
NET ASSETS		<u>81,995</u>	<u>76,583</u>
FUNDS	9		
Unrestricted funds		<u>81,995</u>	<u>76,583</u>
TOTAL FUNDS		<u>81,995</u>	<u>76,583</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2024.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2024 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

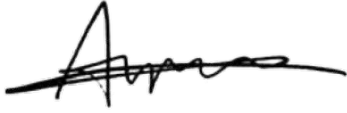
- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The notes form part of these financial statements

Balance Sheet - continued
31 March 2024

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 18th September 2024..... and were signed on its behalf by:



.....
Andrew Plumtree - Trustee

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer equipment - 25% on cost

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Notes to the Financial Statements - continued
for the Year Ended 31 March 2024

2. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	31.3.24	31.3.23
	£	£
Depreciation - owned assets	<u>310</u>	<u>309</u>

3. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2024 nor for the year ended 31 March 2023.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2024 nor for the year ended 31 March 2023.

4. STAFF COSTS

	31.3.24	31.3.23
	£	£
Wages and salaries	46,351	35,292
Other pension costs	<u>1,509</u>	<u>1,131</u>
	<u>47,860</u>	<u>36,423</u>

The average monthly number of employees during the year was as follows:

	31.3.24	31.3.23
Part Time	<u>3</u>	<u>2</u>

No employees received emoluments in excess of £60,000.

The total amount of employee benefits received by key management personnel is £29,437 (£29,328 in 2022/23). The Charity considers its key management personnel comprise of the board of volunteer trustees and the Charity Manager.

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £
INCOME AND ENDOWMENTS FROM	
Donations and legacies	28
Charitable activities	
Membership Fees	57,091
Training Delivery	40
Consultancy	5,140
Total	62,299
 EXPENDITURE ON	
Charitable activities	
Training Delivery	2,336
Administrative expenses	6,496
Staffing and recruitment costs	36,423
Governance	2,440
Premises and associated costs	616
Total	48,311
NET INCOME	13,988
 RECONCILIATION OF FUNDS	
Total funds brought forward	62,595
TOTAL FUNDS CARRIED FORWARD	<u>76,583</u>

Notes to the Financial Statements - continued
for the Year Ended 31 March 2024

6. TANGIBLE FIXED ASSETS

	Computer equipment £
COST	
At 1 April 2023 and 31 March 2024	<u>1,238</u>
DEPRECIATION	
At 1 April 2023	752
Charge for year	<u>310</u>
At 31 March 2024	<u>1,062</u>
NET BOOK VALUE	
At 31 March 2024	<u>176</u>
At 31 March 2023	<u>486</u>

7. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.24	31.3.23
	£	£
Trade debtors	9,009	11,785
Other debtors	2,030	-
Prepayments	<u>481</u>	<u>410</u>
	<u>11,520</u>	<u>12,195</u>

8. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.24	31.3.23
	£	£
Trade creditors	4,470	6
Other creditors	268	166
Accrued expenses	<u>840</u>	<u>600</u>
	<u>5,578</u>	<u>772</u>

Notes to the Financial Statements - continued
for the Year Ended 31 March 2024

9. MOVEMENT IN FUNDS

	At 1.4.23 £	Net movement in funds £	At 31.3.24 £
Unrestricted funds			
General fund	76,583	5,412	81,995
TOTAL FUNDS	<u>76,583</u>	<u>5,412</u>	<u>81,995</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	67,292	(61,880)	5,412
TOTAL FUNDS	<u>67,292</u>	<u>(61,880)</u>	<u>5,412</u>

Comparatives for movement in funds

	At 1.4.22 £	Net movement in funds £	At 31.3.23 £
Unrestricted funds			
General fund	62,595	13,988	76,583
TOTAL FUNDS	<u>62,595</u>	<u>13,988</u>	<u>76,583</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	62,299	(48,311)	13,988
TOTAL FUNDS	<u>62,299</u>	<u>(48,311)</u>	<u>13,988</u>

9. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.22 £	Net movement in funds £	At 31.3.24 £
Unrestricted funds			
General fund	62,595	19,400	81,995
TOTAL FUNDS	<u>62,595</u>	<u>19,400</u>	<u>81,995</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	129,591	(110,191)	19,400
TOTAL FUNDS	<u>129,591</u>	<u>(110,191)</u>	<u>19,400</u>

10. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2024.

University Mental Health Advisers Network

Detailed Statement of Financial Activities
for the Year Ended 31 March 2024

	31.3.24 £	31.3.23 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Fundraising	26	28
Charitable activities		
Membership fees	63,866	57,091
Training Revenue	3,135	40
Consultancy	<u>265</u>	<u>5,140</u>
	<u>67,266</u>	<u>62,271</u>
Total incoming resources	67,292	62,299
EXPENDITURE		
Charitable activities		
Wages	46,351	35,292
Pensions	1,509	1,131
Insurance	650	662
Rent	852	616
Telephone	72	72
Postage and stationery	44	-
Advertising	193	163
Sundries	826	1,600
Consultancy fees	565	1,178
IT Software & Consumables	3,895	3,231
Staff Training	3,920	2,336
Travel Costs	532	-
Accountancy	840	600
Bank Charges	789	641
Subscription costs	533	480
Computer equipment	<u>309</u>	<u>309</u>
	<u>61,880</u>	<u>48,311</u>
Total resources expended	<u>61,880</u>	<u>48,311</u>
Net income	<u><u>5,412</u></u>	<u><u>13,988</u></u>

This page does not form part of the statutory financial statements

REGISTERED COMPANY NUMBER: CE001531 (England and Wales)
REGISTERED CHARITY NUMBER: 1155038

Report of the Trustees and
Unaudited Financial Statements for the Year Ended 31 March 2024
for
University Mental Health Advisers Network (UMHAN)

Contents of the Financial Statements
for the Year Ended 31 March 2024

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Report of the Trustees
for the Year Ended 31 March 2024

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2024. The trustees have adopted the provisions of 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).

The charity's trustees consider that an audit is not required for this year, under section 144 of the Charities Act 2011 (the 2011 Act) but an independent examination required as per section 145 of the Charities Act 2011 (the 2011 Act) which is included on page 2.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a Charitable Incorporated Organisation, as defined by the Charities Act 2011 (the 2011 Act).

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

CE001531 (England and Wales)

Registered Charity number

1155038

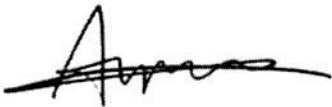
Registered office

The Moseley Exchange
149-153 Alcester Road
Birmingham
B13 8JP

Trustees

Lydia Pell Trustee
Anna Goirand Chair
Andrew Plumtree Trustee
Hannah Borkin Trustee
Matthew Kempen Trustee
Tessa Bartlett Trustee
Phillip Scarffe Trustee

Approved by order of the board of trustees on 18th September 2024..... and signed on its behalf by:



.....
Andrew Plumtree - Trustee

Independent examiner's report to the trustees of University Mental Health Advisers Network ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2024.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

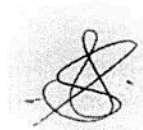
Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Sajjad Jaffer FCCA
Harris Accountancy Services Ltd
Cobalt Square, 83 Hagley Road
Birmingham
B16 8QG

Date: 20/09/2024.....

University Mental Health Advisers Network

Statement of Financial Activities
for the Year Ended 31 March 2024

	Notes	31.3.24 Unrestricted fund £	31.3.23 Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies		26	28
Charitable activities			
Membership Fees		63,866	57,091
Training Delivery		3,135	40
Consultancy		265	5,140
Total		67,292	62,299
EXPENDITURE ON			
Charitable activities			
Training Delivery		3,178	2,336
Administrative expenses		9,006	6,496
Staffing and recruitment costs		48,004	36,423
Governance		840	2,440
Premises and associated costs		852	616
Total		61,880	48,311
NET INCOME		5,412	13,988
RECONCILIATION OF FUNDS			
Total funds brought forward		76,583	62,595
TOTAL FUNDS CARRIED FORWARD		<u>81,995</u>	<u>76,583</u>

CONTINUING OPERATIONS

All income and expenditure has arisen from continuing activities.

University Mental Health Advisers Network

Balance Sheet
31 March 2024

	Notes	31.3.24 Unrestricted fund £	31.3.23 Total funds £
FIXED ASSETS			
Tangible assets	6	176	486
CURRENT ASSETS			
Debtors	7	11,520	12,195
Cash at bank		<u>75,877</u>	<u>64,674</u>
		87,397	76,869
CREDITORS			
Amounts falling due within one year	8	(5,578)	(772)
		<u> </u>	<u> </u>
NET CURRENT ASSETS		<u>81,819</u>	<u>76,097</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		81,995	76,583
		<u> </u>	<u> </u>
NET ASSETS		<u>81,995</u>	<u>76,583</u>
FUNDS	9		
Unrestricted funds		<u>81,995</u>	<u>76,583</u>
TOTAL FUNDS		<u>81,995</u>	<u>76,583</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2024.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2024 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

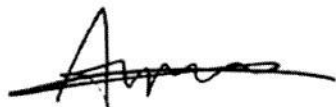
University Mental Health Advisers Network

Balance Sheet - continued

31 March 2024

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on
.....18th September 2024..... and were signed on its behalf by:

A handwritten signature in black ink, appearing to read 'Andrew', written over a dotted line.

.....
Andrew Plumtree - Trustee

Notes to the Financial Statements
for the Year Ended 31 March 2024

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer equipment - 25% on cost

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Notes to the Financial Statements - continued
for the Year Ended 31 March 2024

2. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	31.3.24	31.3.23
	£	£
Depreciation - owned assets	<u>310</u>	<u>309</u>

3. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2024 nor for the year ended 31 March 2023.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2024 nor for the year ended 31 March 2023.

4. STAFF COSTS

	31.3.24	31.3.23
	£	£
Wages and salaries	46,351	35,292
Other pension costs	<u>1,509</u>	<u>1,131</u>
	<u>47,860</u>	<u>36,423</u>

The average monthly number of employees during the year was as follows:

	31.3.24	31.3.23
Part Time	<u>3</u>	<u>2</u>

No employees received emoluments in excess of £60,000.

The total amount of employee benefits received by key management personnel is £29,437 (£29,328 in 2022/23). The Charity considers its key management personnel comprise of the board of volunteer trustees and the Charity Manager.

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £
INCOME AND ENDOWMENTS FROM	
Donations and legacies	28
Charitable activities	
Membership Fees	57,091
Training Delivery	40
Consultancy	5,140
Total	62,299
EXPENDITURE ON	
Charitable activities	
Training Delivery	2,336
Administrative expenses	6,496
Staffing and recruitment costs	36,423
Governance	2,440
Premises and associated costs	616
Total	48,311
NET INCOME	13,988
RECONCILIATION OF FUNDS	
Total funds brought forward	62,595
TOTAL FUNDS CARRIED FORWARD	<u>76,583</u>

University Mental Health Advisers Network

Notes to the Financial Statements - continued
for the Year Ended 31 March 2024

6. TANGIBLE FIXED ASSETS

	Computer equipment £
COST	
At 1 April 2023 and 31 March 2024	<u>1,238</u>
DEPRECIATION	
At 1 April 2023	752
Charge for year	<u>310</u>
At 31 March 2024	<u>1,062</u>
NET BOOK VALUE	
At 31 March 2024	<u>176</u>
At 31 March 2023	<u>486</u>

7. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.24	31.3.23
	£	£
Trade debtors	9,009	11,785
Other debtors	2,030	-
Prepayments	<u>481</u>	<u>410</u>
	<u>11,520</u>	<u>12,195</u>

8. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.24	31.3.23
	£	£
Trade creditors	4,470	6
Other creditors	268	166
Accrued expenses	<u>840</u>	<u>600</u>
	<u>5,578</u>	<u>772</u>

University Mental Health Advisers Network

Notes to the Financial Statements - continued
for the Year Ended 31 March 2024

9. MOVEMENT IN FUNDS

	At 1.4.23 £	Net movement in funds £	At 31.3.24 £
Unrestricted funds			
General fund	76,583	5,412	81,995
TOTAL FUNDS	<u>76,583</u>	<u>5,412</u>	<u>81,995</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	67,292	(61,880)	5,412
TOTAL FUNDS	<u>67,292</u>	<u>(61,880)</u>	<u>5,412</u>

Comparatives for movement in funds

	At 1.4.22 £	Net movement in funds £	At 31.3.23 £
Unrestricted funds			
General fund	62,595	13,988	76,583
TOTAL FUNDS	<u>62,595</u>	<u>13,988</u>	<u>76,583</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	62,299	(48,311)	13,988
TOTAL FUNDS	<u>62,299</u>	<u>(48,311)</u>	<u>13,988</u>

9. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.22 £	Net movement in funds £	At 31.3.24 £
Unrestricted funds			
General fund	62,595	19,400	81,995
TOTAL FUNDS	<u>62,595</u>	<u>19,400</u>	<u>81,995</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	129,591	(110,191)	19,400
TOTAL FUNDS	<u>129,591</u>	<u>(110,191)</u>	<u>19,400</u>

10. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2024.

University Mental Health Advisers Network

Detailed Statement of Financial Activities
for the Year Ended 31 March 2024

	31.3.24 £	31.3.23 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Fundraising	26	28
Charitable activities		
Membership fees	63,866	57,091
Training Revenue	3,135	40
Consultancy	<u>265</u>	<u>5,140</u>
	<u>67,266</u>	<u>62,271</u>
Total incoming resources	67,292	62,299
EXPENDITURE		
Charitable activities		
Wages	46,351	35,292
Pensions	1,509	1,131
Insurance	650	662
Rent	852	616
Telephone	72	72
Postage and stationery	44	-
Advertising	193	163
Sundries	826	1,600
Consultancy fees	565	1,178
IT Software & Consumables	3,895	3,231
Staff Training	3,920	2,336
Travel Costs	532	-
Accountancy	840	600
Bank Charges	789	641
Subscription costs	533	480
Computer equipment	<u>309</u>	<u>309</u>
	<u>61,880</u>	<u>48,311</u>
Total resources expended	<u>61,880</u>	<u>48,311</u>
Net income	<u>5,412</u>	<u>13,988</u>

UNIVERSITY MENTAL HEALTH ADVISERS NETWORK (UMHAN)

England & Wales - Charity number 1155038

Accounts



Annual Report 2022-2023





University Mental Health Advisers Network
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About UMHAN

UMHAN was established in 2003 as an information-sharing network for mental health specialists working in Higher Education. UMHAN was a key part in a series of important firsts in Higher Education, including the emphasis on practical and whole-institution approaches to mental health and illness, the development of mental health-specific services in Higher Education, facilitating awareness-raising of mental health and illness, and increasing the appropriate uptake of Disabled Students' Allowances for students with mental health conditions. Importantly, UMHAN members connected the work being



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undertaken by specialists in Higher Education with national initiatives regarding social exclusion, health promotion, place- and context-based provision for people with mental health conditions and tackling mental health inequalities for students with mental health conditions.

UMHAN was founded by professionals in mental health work and has been instrumental in maintaining and improving the professional development and standards of mental health specialists and services in Higher Education.

While UMHAN has broadened its membership to include other types of mental health-specialist roles and has been involved in consultations and initiatives undertaken by other organisations, its core aims have remained remarkably persistent over the years; these reflect the needs of specialists working in education, the requirements of people with mental health conditions undertaking education, and the benefits of positive action in education and mental health to students, education and society at large.

What does UMHAN do?

The object of the charity is to advance the education of people with mental health difficulties through improving access to Higher Education.

Our aims are to:

- Influence policy development in the fields of Education, Mental Health, Disability, and beyond, to proportionately and accurately represent the needs and interests of people with mental health conditions.
- Ensure mental health support staff working in education are equipped with the tools, support, and empowerment to best support students, and ensure national representation to influence the sector for good.
- Remove the barriers to the full participation of people with mental health conditions in higher education and beyond, encouraging the development of a culture in which people with mental health conditions studying in higher education is a mainstream notion.

Key activities

UMHAN is primarily a membership organisation and seeks to fulfil its aims by enabling the sharing and promotion of best practice through our networks, ensuring that members are kept up to date with the latest developments in the sector. We offer our members online forums, tailored resources and meetings.

We also actively seek to collaborate with key stakeholders and influencers in order to promote the needs and interests of people with mental health conditions, and to achieve the best educational outcomes for students with mental health conditions.



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Who funds our work?

Our work is funded almost exclusively through membership fees. This income largely pays the salaries of our Charity Manager and administrator who undertake all day-to-day administration and any development work.

Public benefit

The trustees have had regard to the Charity Commission's guidance on public benefit. We believe that by empowering Mental Health professionals working in education to develop their skills and expertise, and practice safely by providing networks, training and resources we advance the inclusion of people with mental health conditions in education, positively affecting health outcomes and life-time opportunities.

Organisational developments 22-23

Governance

Trustees

We started the year with 5 trustees, led by Chair Anna Matthews.

They were:

Lydia Pell, Hannah Abrahams, Hannah Wilson (resigned June 2022), Andrew Plumtree (Treasurer) and Anna Matthews.

Recruitment

A recruitment exercise was undertaken for new trustees, with an emphasis on trying to attract a diverse range of candidates. This included a skills audit of current trustees, and review of the role descriptions, recruitment process and marketing. We were impressed with the high calibre of applicants, and recruited 3 new Trustees who all started in the summer of 2022, with their recruitment confirmed by members at our AGM. The new Trustees are Hannah Borkin, Tessa Bartlett and Matt Kempen.

The Board was also delighted to reappoint Phil Scarffe as a Trustee in October, bringing our total number of Trustees to 8.

Membership

Who are our members?

We have seen a steady increase across all of our membership types and across geographical locations. This reflects our unique position representing multidisciplinary mental health practitioners in education. We hope to continue to develop and increase our inclusive community over the next year, while upholding our key principles as described in our [Conduct & Capability Framework](#).



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Due to the timing of renewals and invoicing, it is more accurate to provide data from April-April rather than our year end (31st March). At the end of April 2023 we had:

285 Accredited Practitioner (MHA) - 16% annual increase

186 Accredited Practitioner (Mentor) - 5% annual increase

65 Associates - 47% annual increase

52 Managers - 18% annual increase

588 Total

This is a 15% increase in total from last year.

The [Memberwise Retention Calculator](#) calculates the following figures for UMHAN membership:

Membership Retention Rate: 80.8% Membership Recruitment Rate: 34.5%

How do you compare with other UK membership organisations?

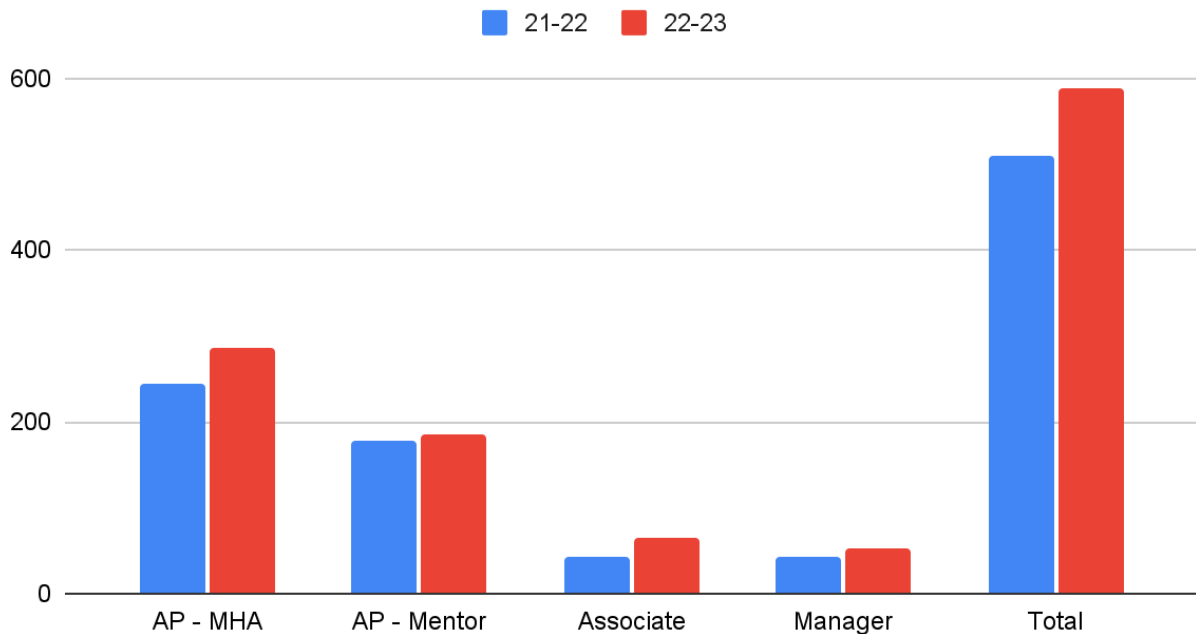
Average member recruitment rate = 12.5%

Average member retention rate = 86%

Our retention rate is largely based on employers' retention of staff, as the large majority of members remain with us until they move roles. These figures confirm our [2022 member survey results](#), where we highlighted potential retention issues, due to staff burnout.

Our recruitment rate reflects work done to highlight our value to members, and raising our profile more generally. It also indicates member's satisfaction with UMHAN, as the majority of new members find us through word of mouth.

Annual membership



There has been an increase across all membership types. As in previous years, the majority of new applicants (67%) have found out about UMHAN through word of mouth; this is usually another member, but may be a line manager or administrator. A significant number also find out about membership through conference presentations or via a search engine.

Why do they become members?

Our regular surveys show that members most highly value the networking opportunities offered by membership, specifically the online forum and meetings. This gives members an opportunity to share best practice, ask questions and share resources and ideas. The result is improving the support provided to students with mental health conditions, and thus their educational opportunities and outcomes.

UMHAN also provides up to date resources and information about sector developments relevant to mental health.

Our audit of members provides a quality assurance mechanism which helps to professionalise the roles within Higher Education. Members' interests (and by association those of students with mental health conditions) are represented in our strategic and collaborative work with other organisations, where we seek to give a voice to the most unwell students and those who support them.



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"A forward thinking and truly supportive organisation who has the best interests of the students always in mind, The sharing of best practice is also invaluable"

Quote from Member Survey 2022

Member engagement

Meetings and CPD sessions

Our meetings and CPD sessions for members are varied, and form a core benefit of membership with UMHAN. In 2022-23 we held 53 separate meetings for members, with 813 attendees. Members have been able to watch the recordings of these meetings at a later date if unable to attend in person. An additional 435 individual views of meeting recordings also took place during the year.

We hold regular meetings for individual role types - Advisers, Mentors, Associates and Managers. Topics discussed in these member meetings this year have included Disabled Students Allowances' reform, risk and safety, transitions and information sharing

"I love the meetings and training but sometimes find it really difficult to fit them in. They are so useful and very much appreciated though. I always access the recorded versions of training and meetings when available. "

Quote from member survey 2022

Our monthly Lunch & Learn sessions continue to prove very popular. Topics are based on feedback and requests from members, such as supporting Autistic transgender and non-binary students. We have ensured that half of our sessions were delivered by experts by experience; this underlines our commitment to create a whole person and inclusive approach where people with Mental Health Conditions can thrive and their contributions are valued and respected. The best attended session was about ADHD, led by Joseph Aquilina from Neuroknowhow. Recordings of these sessions means that they can be accessed by members unable to attend.

We have also built on our specialist meetings for professionally registered staff, with our meetings for Occupational Therapists, Social Workers, Nurses, Counsellors and Psychologists, with the aim to ensure members can easily remain professionally registered through networking, sharing best practice and reflective sessions with peers. Meetings for practitioners working in the Creative Arts sector recognises the unique experiences and challenges of working in this area.

Additionally, we provide opportunities for members to receive specialist training from partnerships with other organisations. This year members were able to access Self-Harm Awareness training delivered by Battle Scars, and The Young Gamers & Gamblers Education Trust (YGAM) University Student Engagement Programme.

Member survey

At UMHAN we regularly survey our members on issues such as caseload, working conditions and feedback on their membership. Results are presented to the Board of Trustees to inform development work.

This year, in addition to standard questions, we included 2 additional sections: one on role tasks, and another on evaluation. The roles of Mental Health Adviser (MHA) and Specialist Mental Health Mentor (SMHM) are not well defined or understood, and we hope data about tasks performed will help improve awareness of the scope and importance of both roles. Collating more information about how members and services evaluate their work will, we hope, help to provide insight into a frequently discussed topic in the sector, and to establish a more consistent approach.

This survey period covered a time of flux and recovery; members have been reporting unusual patterns of student referrals/registrations, appointment access and student mental health presentation throughout the year. As such, the survey data may also demonstrate unusual patterns that may not continue in the coming academic years

Key points from our 2022 survey findings are:

- 81% of MHAs had 50% or more proportion of their caseloads in the high risk category
- 26% of respondents said that this number had increased over the past 12 months
- Risk assessments and mental health/wellbeing assessments are the most commonly performed tasks by MHAs.
- Psychoeducation/ psychological interventions were felt to be the most effective task
- 58% of respondents felt their service was under-staffed
- Just over a third of respondents plan to leave their role between now and 5 years time

Member feedback on UMHAN

As well as our good levels of engagement with our meetings/CPD sessions and newsletter, our survey findings show members have a positive view of UMHAN, and the benefits of membership. Perceived benefits mentioned in our survey include access to role-relevant CPD, networking and sense of community, resources and being kept up to date, benchmarking and sharing best practice.

"Honestly, the regular communication and knowledge of the field has been incredibly valuable to me as a member. I feel like this is a professional membership that actually has a benefit to me and the profession!"

"It focuses my practise, I think about supervision and CPD much more profoundly."



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"I have always found the members very friendly and when I have engaged I feel less alone."

"I like newsletters and the suggested readings, almost all of which I buy and read. These are tremendously helpful and have taught me so much."

Quotes from member survey 2022

"UMHAN provides invaluable training and also fantastic opportunities to liaise with colleagues from all over the country. Sharing good practice in this way would not be possible without UMHAN. Their resources are helpful and they listen carefully to the needs of their members, keeping us up to date with any changes to rules and legislation. I feel that in UMHAN I always have someone "watching my back". "

"It's amazing to feel part of such a helpful unit for others, such a supportive endeavor that clearly has student satisfaction and mental health at the heart of all they do. It feels remarkable to join the meetings held and reflect with people doing the same role as you but from different backgrounds, bouncing ideas off each other of how to make the student experience the best it can possibly be."

"UMHAN has been a constant source of support throughout my career...It really helped me to understand what this role might represent and also how the values, skills and practices I had developed in health and social care would translate to an education setting, which is very different from those areas in terms of remit, legislative frameworks and resources."

Quotes from blog case studies 2022

Other work

UMHAN Publications

Information Sharing and Student Suicide Report - After a period of collaborative work with BACP-UC/HUCs and a joint survey of members our Information Sharing and Student Suicide Report was launched in April 2022. The report was well publicised, with an online launch and pieces in the WONKHE podcast and CYMPH newsletter. The work was further disseminated via conference presentations, including AMOSSHE (May 22 - UMHAN presenting) and MBWHE (May 22 - BACP presenting). It has also been referenced in the CWT Mental Health Policy Toolkit.

Clinical Governance for Mental Health Services in Education - this extensive piece of work was undertaken by Charity Manager and a working group of Manager members from different professional backgrounds. It was launched on Uni Mental Health Day 9th March 2023 and has been widely welcomed by the sector. In March alone there were 272 downloads. This piece of work was shared by WONKHE, Children and Young People's Mental Health Coalition, the University & College Counselling journal

This year we have continued to build on our [Blog](#), creating a series of member case studies, to highlight and improve understanding of the roles we support. We have also



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had ad hoc posts by staff, members and Trustees on issues related to student mental health.

Newsletter and external communications

Our monthly newsletter is now sent to all members and 672 non-members (a 47% annual increase). The newsletter has around a 40-60% open rate which is well over the [benchmark rate](#).

We use the newsletter and our social media channels to increase awareness of the good work done by our members, to report current trends and themes and to engage in relevant sector topics. This helps to not only increase UMHAN's profile and our key principles, but that of our members.

In April we launched a short explainer video on the Role of a Specialist Mental Health Mentor, which has been viewed over 500 times. This is in addition to our video explaining the role of a Mental Health Adviser.

External representation

Charity Manager, Sam Gamblin, and Chair, Anna Matthews, have undertaken the majority of external representation/collaboration work but with some vital additional input from other Trustees and members.

Our input with external organisations tends to focus on the specialist roles which make up our membership, multidisciplinary team working, practical strategies for supporting students, the need for good data and evidence, mental health conditions through a disability lens and removing barriers to successful education for students with mental health conditions.

Regular attendance

[Disabled Students Stakeholder Group](#) - attendance at main meeting but also:

- DSA reform group - SLCs working group looking at procurement and student journey
- We have also worked with other membership organisations from DSSG to feedback and challenge SLC on this process, and potential impact on both staff and students

[The Mental Wellbeing in Higher Education Expert Group](#)

Mental Health in Higher Education (Universities UK Advisory Group)



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Ongoing ad-hoc

We have catch up and partnership meetings with:

[British Association for Counselling & Psychotherapy - Universities and Colleges division/Head of University Counselling Services](#) (BACP-UC/HUCs)

[Association for the Managers of Student Services in Higher Education](#)

[National Association of Disability Practitioners](#)

[Universities UK](#)

Department of Education DSA team

[Universities and Colleges Application Service \(UCAS\)](#)

[Association of Colleges](#)

[Student Minds](#)

[Office for Students](#)

[Charlie Waller Trust](#) (CWT)

Consultation

We have provided expertise in the following:

- Senedd Children, Young People and Education Committee [inquiry into Mental Health support in Higher Education](#)
- Office for Students - [Equality of Opportunity Risk Register](#)
- [Student Space](#) Advisory Panel
- Text for Body Dysmorphic Disorder Foundation website
- [Glasgow Standard article](#) about student mental health support in Scotland
- [NASEN Connect article](#) - "Can Mentoring Fill the Gap?" - collaboration with [Power 2](#)

Research

[Positive Digital Practices](#) - UMHAN was on the Advisory Board for this research funded by the Office for Students, with a member, Ashley Cave, as Project Officer. Our aim was



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to ensure the usability and sustainability of outputs from the project strands, and Ashley shared information with members about the project in meetings, and blog posts.

[Nurture-U](#) (was the University Student Wellbeing Project) - UMHAN is on the External Advisory Board for this four-year research flagship project funded by UKRI.

Key planned developments for 2023-24

Governance

Trustees agreed to make an interim appointment of a further Trustee, Phil Scarffe, in October 2022, with his appointment to be put to member vote in the next AGM.

Over the year Trustees reviewed our strategic priorities, to ensure they are fit for purpose. This has included a progress review on key areas. One of the key results of this review is additional staffing (see below).

Staff

Trustees have agreed to the funding of a fixed term Policy & Engagement Officer post, to help demonstrate the impact of UMHAN and its members, as well as helping to provide a more dynamic response to sector policy developments. This post will initially be funded for 12 months, with the potential to extend.

Membership

We will continue to aim our recruitment at a wide range of staff, to promote the benefits of our network in supporting individuals and teams.

Jobs board - our Jobs Board has continued to grow. We are the only specialist jobs board for student mental health, at a time when recruitment and retention of staff is a top priority. To reflect the resource spent in ensuring this operates efficiently, and to enable us to effectively promote this, we are making some changes to how the board operates, including introduction of a small fee.

We will continue to develop our resources and training for members to ensure that their skills and knowledge are relevant and up to date.

Policy development

Following on from our Clinical Governance document, we will be working on a document to promote key principles for risk assessment in HE. As before, this document will be formulated by a working group of UMHAN members.

We will also be looking at our research priorities, including the impact of both UMHAN and our members' work on the sector.



University Mental Health Advisers Network
www.umhan.com email: umhan@live.co.uk

Financial review

Overview

Income has increased due to membership development and some one-off payments for consultancy and project work.

Our accounts have been independently examined and can be viewed in a separate document.

Future plans

Our reserves mean that we are recruiting a new fixed term Policy & Engagement Officer; we are hopeful that their work may in turn help to ensure membership continues to increase. They will also be looking at alternative funding streams for development work.

REGISTERED CHARITY NUMBER: 1155038

Report of the Trustees and
Unaudited Financial Statements for the Year Ended 31 March 2023
for
University Mental Health Advisers Network (UMHAN)

Contents of the Financial Statements
for the Year Ended 31 March 2023

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Report of the Trustees
for the Year Ended 31 March 2023

The trustees of the charity present their report with the financial statements of the charity for the year ended 31 March 2023. The trustees have adopted the provisions of 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).

The charity's trustees consider that an audit is not required for this year, under section 144 of the Charities Act 2011 (the 2011 Act) but an independent examination required as per section 145 of the Charities Act 2011 (the 2011 Act) which is included on page 2.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a Charitable Incorporated Organisation, as defined by the Charities Act 2011 (the 2011 Act).

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

CE001531 (England and Wales)

Registered Charity number

1155038

Registered office

The Moseley Exchange
149-153 Alcester Road
Birmingham
B13 8JP

Trustees

Hannah Wilson - Trustee
Hannah Abrahams - Trustee
Lydia Pell - Trustee
Anna Goirand - Chair

Resigned on 8th September 2022

Dan Doran - Trustee
Andrew Plumtree - Trustee
Hannah Borkin - Trustee
Victoria Obermaier – Trustee
Matthew Kempen - Trustee
Tessa Bartlett - Trustee
Phillip Scarffe - Trustee

Resigned on 8th September 2022

Appointed on 8th September 2022

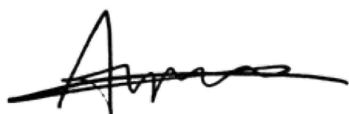
Appointed on 8th September 2022

Appointed on 8th September 2022

Appointed on 8th September 2022

Appointed on 4th October 2022

Approved by order of the board of trustees on 9th November 2023..... and signed on its behalf by:



.....
Andrew Plumtree - Trustee

Independent examiner's report to the trustees of University Mental Health Advisers Network ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2023.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Sajjad Jaffer FCCA
Harris Accountancy Services Ltd
Cobalt Square
83 Hagley Road
Birmingham
B16 8QG

Date:

University Mental Health Advisers Network

Statement of Financial Activities
for the Year Ended 31 March 2023

	Notes	31.3.23 Unrestricted fund £	31.3.22 Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies		28	1,538
Charitable activities			
Membership Fees		57,091	48,097
Training Delivery		40	440
Consultancy		5,140	1,500
Total		62,299	51,575
EXPENDITURE ON			
Charitable activities			
Training Delivery		2,336	1,533
Administrative expenses		6,496	7,353
Staffing and recruitment costs		36,423	30,330
Governance		2,440	666
Premises and associated costs		616	600
Total		48,311	40,482
NET INCOME		13,988	11,093
RECONCILIATION OF FUNDS			
Total funds brought forward		62,595	51,502
TOTAL FUNDS CARRIED FORWARD		<u>76,583</u>	<u>62,595</u>

CONTINUING OPERATIONS

All income and expenditure has arisen from continuing activities.

University Mental Health Advisers Network

Balance Sheet

31 March 2023

	Notes	31.3.23 Unrestricted fund £	31.3.22 Total funds £
FIXED ASSETS			
Tangible assets	6	486	443
CURRENT ASSETS			
Debtors	7	12,195	6,108
Cash at bank		<u>64,674</u>	<u>56,758</u>
		76,869	62,866
CREDITORS			
Amounts falling due within one year	8	(772)	(714)
		<u>76,097</u>	<u>62,152</u>
NET CURRENT ASSETS			
		<u>76,097</u>	<u>62,152</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			
		76,583	62,595
NET ASSETS		<u>76,583</u>	<u>62,595</u>
FUNDS	9		
Unrestricted funds		<u>76,583</u>	<u>62,595</u>
TOTAL FUNDS		<u>76,583</u>	<u>62,595</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2023.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2023 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

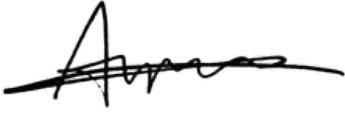
- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The notes form part of these financial statements

Balance Sheet - continued
31 March 2023

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on ~~.....9th November 2023.....~~ and were signed on its behalf by:



.....
Andrew Plumtree - Trustee

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer equipment - 25% on cost

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Notes to the Financial Statements - continued
for the Year Ended 31 March 2023

2. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	31.3.23	31.3.22
	£	£
Depreciation - owned assets	<u>309</u>	<u>222</u>

3. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2023 nor for the year ended 31 March 2022.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2023 nor for the year ended 31 March 2022.

4. STAFF COSTS

	31.3.23	31.3.22
	£	£
Wages and salaries	35,292	29,745
Other pension costs	<u>1,131</u>	<u>585</u>
	<u>36,423</u>	<u>30,330</u>

The average monthly number of employees during the year was as follows:

	31.3.23	31.3.22
Part Time	<u>2</u>	<u>2</u>

No employees received emoluments in excess of £60,000.

The total amount of employee benefits received by key management personnel is £29,328 (£26,335 in 2021/22). The Charity considers its key management personnel comprise of the board of volunteer trustees and the Charity Manager.

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £
INCOME AND ENDOWMENTS FROM	
Donations and legacies	1,538
Charitable activities	
Membership Fees	48,097
Training Delivery	440
Consultancy	1,500
Total	51,575
 EXPENDITURE ON	
Charitable activities	
Training Delivery	1,533
Administrative expenses	7,353
Staffing and recruitment costs	30,330
Governance	666
Premises and associated costs	600
Total	40,482
NET INCOME	11,093
 RECONCILIATION OF FUNDS	
Total funds brought forward	51,502
TOTAL FUNDS CARRIED FORWARD	<u>62,595</u>

Notes to the Financial Statements - continued
for the Year Ended 31 March 2023

6. TANGIBLE FIXED ASSETS

	Computer equipment £
COST	
At 1 April 2022	886
Additions	<u>352</u>
At 31 March 2023	<u>1,238</u>
DEPRECIATION	
At 1 April 2022	443
Charge for year	<u>309</u>
At 31 March 2023	<u>752</u>
NET BOOK VALUE	
At 31 March 2023	<u>486</u>
At 31 March 2022	<u>443</u>

7. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.23 £	31.3.22 £
Trade debtors	11,785	5,565
Other debtors	-	154
Prepayments	<u>410</u>	<u>389</u>
	<u>12,195</u>	<u>6,108</u>

8. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.23 £	31.3.22 £
Trade creditors	6	-
Other creditors	166	114
Accrued expenses	<u>600</u>	<u>600</u>
	<u>772</u>	<u>714</u>

Notes to the Financial Statements - continued
for the Year Ended 31 March 2023

9. MOVEMENT IN FUNDS

	At 1.4.22 £	Net movement in funds £	At 31.3.23 £
Unrestricted funds			
General fund	62,595	13,988	76,583
TOTAL FUNDS	<u>62,595</u>	<u>13,988</u>	<u>76,583</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	62,299	(48,311)	13,988
TOTAL FUNDS	<u>62,299</u>	<u>(48,311)</u>	<u>13,988</u>

Comparatives for movement in funds

	At 1.4.21 £	Net movement in funds £	At 31.3.22 £
Unrestricted funds			
General fund	51,502	11,093	62,595
TOTAL FUNDS	<u>51,502</u>	<u>11,093</u>	<u>62,595</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	51,575	(40,482)	11,093
TOTAL FUNDS	<u>51,575</u>	<u>(40,482)</u>	<u>11,093</u>

9. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.21 £	Net movement in funds £	At 31.3.23 £
Unrestricted funds			
General fund	51,502	25,081	76,583
TOTAL FUNDS	<u>51,502</u>	<u>25,081</u>	<u>76,583</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	113,874	(88,793)	25,081
TOTAL FUNDS	<u>113,874</u>	<u>(88,793)</u>	<u>25,081</u>

10. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2023.

University Mental Health Advisers Network

Detailed Statement of Financial Activities
for the Year Ended 31 March 2023

	31.3.23 £	31.3.22 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Fundraising	28	1,538
Charitable activities		
Membership fees	57,091	48,097
Training Revenue	40	440
Consultancy	<u>5,140</u>	<u>1,500</u>
	<u>62,271</u>	<u>50,037</u>
Total incoming resources	62,299	51,575
EXPENDITURE		
Charitable activities		
Wages	35,292	29,745
Pensions	1,131	585
Insurance	662	666
Rent	616	600
Telephone	72	72
Advertising	163	824
Sundries	1,600	1,005
Consultancy fees	1,178	492
IT Software & Consumables	3,231	3,415
Staff Training	2,336	1,533
Accountancy	600	600
Bank Charges	641	671
Subscription costs	480	53
Computer equipment	<u>309</u>	<u>221</u>
	<u>48,311</u>	<u>40,482</u>
Total resources expended	<u>48,311</u>	<u>40,482</u>
Net income	<u><u>13,988</u></u>	<u><u>11,093</u></u>

This page does not form part of the statutory financial statements

REGISTERED CHARITY NUMBER: 1155038

Report of the Trustees and
Unaudited Financial Statements for the Year Ended 31 March 2023
for
University Mental Health Advisers Network (UMHAN)

Contents of the Financial Statements
for the Year Ended 31 March 2023

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Report of the Trustees
for the Year Ended 31 March 2023

The trustees of the charity present their report with the financial statements of the charity for the year ended 31 March 2023. The trustees have adopted the provisions of 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).

The charity's trustees consider that an audit is not required for this year, under section 144 of the Charities Act 2011 (the 2011 Act) but an independent examination required as per section 145 of the Charities Act 2011 (the 2011 Act) which is included on page 2.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a Charitable Incorporated Organisation, as defined by the Charities Act 2011 (the 2011 Act).

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

CE001531 (England and Wales)

Registered Charity number

1155038

Registered office

The Moseley Exchange
149-153 Alcester Road
Birmingham
B13 8JP

Trustees

Hannah Wilson - Trustee
Hannah Abrahams - Trustee
Lydia Pell - Trustee
Anna Goirand - Chair

Resigned on 8th September 2022

Dan Doran - Trustee
Andrew Plumtree - Trustee
Hannah Borkin - Trustee
Victoria Obermaier – Trustee
Matthew Kempen - Trustee
Tessa Bartlett - Trustee
Phillip Scarffe - Trustee

Resigned on 8th September 2022

Appointed on 8th September 2022

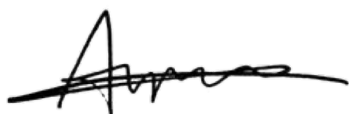
Appointed on 8th September 2022

Appointed on 8th September 2022

Appointed on 8th September 2022

Appointed on 4th October 2022

Approved by order of the board of trustees on 9th November 2023..... and signed on its behalf by:



.....
Andrew Plumtree - Trustee

Independent examiner's report to the trustees of University Mental Health Advisers Network ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2023.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Sajjad Jaffer FCCA
Harris Accountancy Services Ltd
Cobalt Square
83 Hagley Road
Birmingham
B16 8QG

Date:

University Mental Health Advisers Network

Statement of Financial Activities
for the Year Ended 31 March 2023

	Notes	31.3.23 Unrestricted fund £	31.3.22 Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies		28	1,538
Charitable activities			
Membership Fees		57,091	48,097
Training Delivery		40	440
Consultancy		5,140	1,500
Total		62,299	51,575
EXPENDITURE ON			
Charitable activities			
Training Delivery		2,336	1,533
Administrative expenses		6,496	7,353
Staffing and recruitment costs		36,423	30,330
Governance		2,440	666
Premises and associated costs		616	600
Total		48,311	40,482
NET INCOME		13,988	11,093
RECONCILIATION OF FUNDS			
Total funds brought forward		62,595	51,502
TOTAL FUNDS CARRIED FORWARD		<u>76,583</u>	<u>62,595</u>

CONTINUING OPERATIONS

All income and expenditure has arisen from continuing activities.

University Mental Health Advisers Network

Balance Sheet

31 March 2023

	Notes	31.3.23 Unrestricted fund £	31.3.22 Total funds £
FIXED ASSETS			
Tangible assets	6	486	443
CURRENT ASSETS			
Debtors	7	12,195	6,108
Cash at bank		<u>64,674</u>	<u>56,758</u>
		76,869	62,866
CREDITORS			
Amounts falling due within one year	8	(772)	(714)
		<u>76,097</u>	<u>62,152</u>
NET CURRENT ASSETS			
		<u>76,097</u>	<u>62,152</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			
		76,583	62,595
NET ASSETS		<u>76,583</u>	<u>62,595</u>
FUNDS	9		
Unrestricted funds		<u>76,583</u>	<u>62,595</u>
TOTAL FUNDS		<u>76,583</u>	<u>62,595</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2023.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2023 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

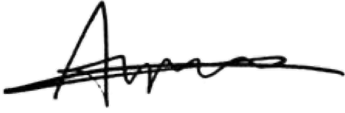
- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The notes form part of these financial statements

Balance Sheet - continued
31 March 2023

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 9th November 2023..... and were signed on its behalf by:



.....
Andrew Plumtree - Trustee

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer equipment - 25% on cost

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Notes to the Financial Statements - continued
for the Year Ended 31 March 2023

2. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	31.3.23	31.3.22
	£	£
Depreciation - owned assets	<u>309</u>	<u>222</u>

3. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2023 nor for the year ended 31 March 2022.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2023 nor for the year ended 31 March 2022.

4. STAFF COSTS

	31.3.23	31.3.22
	£	£
Wages and salaries	35,292	29,745
Other pension costs	<u>1,131</u>	<u>585</u>
	<u>36,423</u>	<u>30,330</u>

The average monthly number of employees during the year was as follows:

	31.3.23	31.3.22
Part Time	<u>2</u>	<u>2</u>

No employees received emoluments in excess of £60,000.

The total amount of employee benefits received by key management personnel is £29,328 (£26,335 in 2021/22). The Charity considers its key management personnel comprise of the board of volunteer trustees and the Charity Manager.

Notes to the Financial Statements - continued
for the Year Ended 31 March 2023

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £
INCOME AND ENDOWMENTS FROM	
Donations and legacies	1,538
Charitable activities	
Membership Fees	48,097
Training Delivery	440
Consultancy	1,500
Total	51,575
 EXPENDITURE ON	
Charitable activities	
Training Delivery	1,533
Administrative expenses	7,353
Staffing and recruitment costs	30,330
Governance	666
Premises and associated costs	600
Total	40,482
NET INCOME	11,093
 RECONCILIATION OF FUNDS	
Total funds brought forward	51,502
TOTAL FUNDS CARRIED FORWARD	<u>62,595</u>

Notes to the Financial Statements - continued
for the Year Ended 31 March 2023

6. TANGIBLE FIXED ASSETS

	Computer equipment £
COST	
At 1 April 2022	886
Additions	<u>352</u>
At 31 March 2023	<u>1,238</u>
DEPRECIATION	
At 1 April 2022	443
Charge for year	<u>309</u>
At 31 March 2023	<u>752</u>
NET BOOK VALUE	
At 31 March 2023	<u>486</u>
At 31 March 2022	<u>443</u>

7. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.23 £	31.3.22 £
Trade debtors	11,785	5,565
Other debtors	-	154
Prepayments	<u>410</u>	<u>389</u>
	<u>12,195</u>	<u>6,108</u>

8. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.23 £	31.3.22 £
Trade creditors	6	-
Other creditors	166	114
Accrued expenses	<u>600</u>	<u>600</u>
	<u>772</u>	<u>714</u>

Notes to the Financial Statements - continued
for the Year Ended 31 March 2023

9. MOVEMENT IN FUNDS

	At 1.4.22 £	Net movement in funds £	At 31.3.23 £
Unrestricted funds			
General fund	62,595	13,988	76,583
TOTAL FUNDS	<u>62,595</u>	<u>13,988</u>	<u>76,583</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	62,299	(48,311)	13,988
TOTAL FUNDS	<u>62,299</u>	<u>(48,311)</u>	<u>13,988</u>

Comparatives for movement in funds

	At 1.4.21 £	Net movement in funds £	At 31.3.22 £
Unrestricted funds			
General fund	51,502	11,093	62,595
TOTAL FUNDS	<u>51,502</u>	<u>11,093</u>	<u>62,595</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	51,575	(40,482)	11,093
TOTAL FUNDS	<u>51,575</u>	<u>(40,482)</u>	<u>11,093</u>

9. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.21 £	Net movement in funds £	At 31.3.23 £
Unrestricted funds			
General fund	51,502	25,081	76,583
TOTAL FUNDS	<u>51,502</u>	<u>25,081</u>	<u>76,583</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	113,874	(88,793)	25,081
TOTAL FUNDS	<u>113,874</u>	<u>(88,793)</u>	<u>25,081</u>

10. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2023.

University Mental Health Advisers Network

Detailed Statement of Financial Activities
for the Year Ended 31 March 2023

	31.3.23 £	31.3.22 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Fundraising	28	1,538
Charitable activities		
Membership fees	57,091	48,097
Training Revenue	40	440
Consultancy	<u>5,140</u>	<u>1,500</u>
	<u>62,271</u>	<u>50,037</u>
Total incoming resources	62,299	51,575
EXPENDITURE		
Charitable activities		
Wages	35,292	29,745
Pensions	1,131	585
Insurance	662	666
Rent	616	600
Telephone	72	72
Advertising	163	824
Sundries	1,600	1,005
Consultancy fees	1,178	492
IT Software & Consumables	3,231	3,415
Staff Training	2,336	1,533
Accountancy	600	600
Bank Charges	641	671
Subscription costs	480	53
Computer equipment	<u>309</u>	<u>221</u>
	<u>48,311</u>	<u>40,482</u>
Total resources expended	<u>48,311</u>	<u>40,482</u>
Net income	<u><u>13,988</u></u>	<u><u>11,093</u></u>

This page does not form part of the statutory financial statements

UNIVERSITY MENTAL HEALTH ADVISERS NETWORK (UMHAN)

England & Wales - Charity number 1155038

Accounts



Annual Report 2021-2022





University Mental Health Advisers Network
www.umhan.com email: umhan@live.co.uk

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About UMHAN

UMHAN was established in 2003 as an information-sharing network for mental health specialists working in Higher Education. UMHAN was a key part in a series of important firsts in Higher Education, including the emphasis on practical and whole-institution approaches to mental health and illness, the development of mental health-specific services in Higher Education, facilitating awareness-raising of mental health and illness, and increasing the appropriate uptake of Disabled Students' Allowances for students with mental health conditions. Importantly, UMHAN members connected the work being undertaken by specialists in Higher Education with national initiatives regarding social exclusion, health promotion, place- and context-based provision for people with mental health conditions and tackling mental health inequalities for students with mental health conditions.

UMHAN was founded by professionals in mental health work and has been instrumental in maintaining and improving the professional development and standards of mental health specialists and services in Higher Education.

While UMHAN has broadened its membership to include other types of mental health-specialist roles and has been involved in consultations and initiatives undertaken by other organisations, its core aims have remained remarkably persistent over the years; these reflect the needs of specialists working in education, the requirements of people with mental health conditions undertaking education, and the benefits of positive action in education and mental health to students, education and society at large.

What does UMHAN do?

The object of the charity is to advance the education of people with mental health difficulties through improving access to Higher Education.

Our aims are to:

- Influence policy development in the fields of Education, Mental Health, Disability, and beyond, to proportionately and accurately represent the needs and interests of people with mental health conditions.
- Ensure mental health support staff working in education are equipped with the tools, support, and empowerment to best support students, and ensure national representation to influence the sector for good.
- Remove the barriers to the full participation of people with mental health conditions in higher education and beyond, encouraging the development of a culture in which people with mental health conditions studying in higher education is a mainstream notion.

Key activities

UMHAN is primarily a membership organisation and seeks to fulfil its aims by enabling the sharing and promotion of best practice through our networks, ensuring that members are kept up



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to date with the latest developments in the sector. We offer our members online forums, tailored resources and meetings.

We also actively seek to collaborate with key stakeholders and influencers in order to promote the needs and interests of people with mental health conditions, and to achieve the best educational outcomes for students with mental health conditions.

Who funds our work?

Our work is funded almost exclusively through membership fees. This income largely pays the salaries of our Charity Manager and administrator who undertake all day-to-day administration and any development work.

Public benefit

The trustees have had regard to the Charity Commission's guidance on public benefit. We believe that by empowering Mental Health professionals working in education to develop their skills and expertise, and practice safely by providing networks, training and resources. We advance the inclusion of people with mental health conditions in education, positively affecting health outcomes and life-time opportunities.

Organisational developments 21-22

Governance

Trustees

We started the year with 6 trustees, led by Chair Anna Matthews.

They are:

Lydia Pell, Dan Doran (resigned December 2022), Hannah Abrahams, Hannah Wilson, Andrew Plumtree (Treasurer) and Anna Matthews.

Recruitment

A recruitment exercise was undertaken for new trustees, with an emphasis on trying to attract a diverse range of candidates. This included a skills audit of current trustees, and review of the role descriptions, recruitment process and marketing. We were impressed with the high calibre of applicants, and are in the process of onboarding 4 new Trustees.

Membership

Who are our members?

We have seen a steady increase across all of our membership types and across geographical locations. This reflects our unique position representing multidisciplinary mental health practitioners in education. We hope to continue to develop and increase our inclusive community over the next year, while upholding our key principles as described in our [Conduct & Capability Framework](#).

Due to the timing of renewals and invoicing, it is more accurate to provide data from April-April rather than our year end (31st March). At the end of April 2022 we had:

245 Accredited Practitioner (MHA) - 12% annual increase

177 Accredited Practitioner (Mentor) - 13% annual increase

44 Associates - 120% annual increase

44 Managers - 51% annual increase

510 Total

This is a 20% increase in total from last year.

The [Memberwise Retention Calculator](#) calculates the following figures for UMHAN membership:

Membership Retention Rate: 98.8%

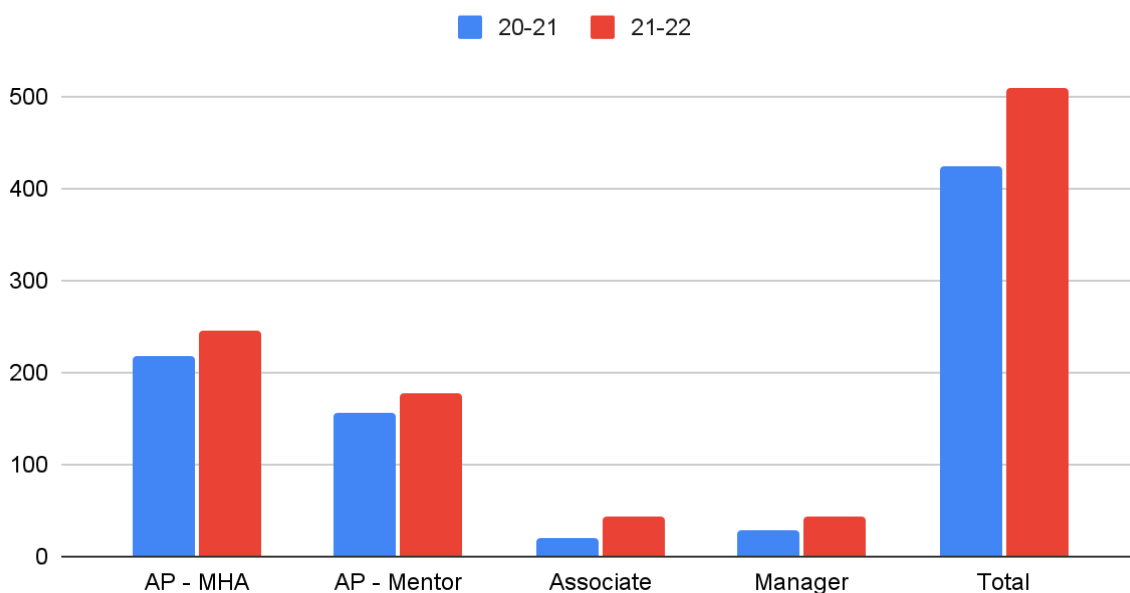
Membership Recruitment Rate: 23.9%

How do you compare with other UK membership organisations?

Average member recruitment rate = 12.5%

Average member retention rate = 86%

Annual membership





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There has been an increase across all membership types. The majority of new applicants have found out about UMHAN through word of mouth; this might be line managers, team members or peers. A significant number also find out about membership through conference presentations or via a search engine.

Why do they become members?

Our regular surveys show that members most highly value the networking opportunities offered by membership, specifically the online forum and meetings. This gives members an opportunity to share best practice, ask questions and share resources and ideas. The result is improving the support provided to students with mental health conditions, and thus their educational opportunities and outcomes.

UMHAN also provides up to date resources and information about sector developments relevant to mental health.

Our audit of members provides a quality assurance mechanism which helps to professionalise the roles within Higher Education. Members' interests (and by association those of students with mental health conditions) are represented in our strategic and collaborative work with other organisations, where we seek to give a voice to the most unwell students and those who support them.

"I always feel UMHAN are there for me and ultimately this helps me as a professional, committed to continuous learning, staying up to date and informed as well as being included. I always feel my opinion is listened to and respected."

Quote from Member Survey 2021

Member engagement

Meetings

Topics discussed in member meetings this year have included the return to campus and flexible working; learning from service developments during lockdown; supporting autistic students and information sharing. Members have been able to watch the recordings of these meetings at a later date if unable to attend in person.

Satisfaction with member meetings is relatively high with 93% of respondents rating their overall satisfaction as Good or Excellent and 77% Agreeing or Strongly Agreeing that they can apply the material discussed to their everyday work.

"I've found those meetings I attended a powerful experience with a range of people and voices that all contribute well."

Quote from member survey 2021

Our monthly Lunch & Learn sessions have proved incredibly popular. We have ensured that 5 out of 7 sessions were delivered by experts by experience; this underlines our commitment to create a whole person and inclusive approach where people with Mental Health Conditions can thrive

and their contributions are valued and respected. The best attended session was about Borderline Personality Disorder/Emotional Personality Disorder, led by members Hannah Facey (independent Specialist Mental Health Mentor) and Lorna Zacharek (Mental Health Adviser, Middlesex University). Recordings of these sessions means that they can be accessed by members unable to attend.

We have also held specialist meetings for Occupational Therapist members and Social Work members, with the aim to ensure members can easily remain professionally registered through networking, sharing best practice and reflective sessions with peers. Meetings for practitioners working in the Creative Arts sector recognises the unique experiences and challenges of working in this area.

Additionally, we provide opportunities for members to receive specialist training from partnerships with other organisations. This year through our consultative role for Student Space we were able to offer Eating Disorders Training to UMHAN members and their colleagues, through a partnership with First Steps ED. 292 University Professionals working as Mental Health Support, Counsellors, and Tutors attended one or more of five 90 minute accredited eating disorder continued professional development training sessions delivered by First Steps. Funded by the Student Space service, UMHAN members were also able to directly refer students into First Steps specialist support programmes leading to 162 referrals from 34 different institutions.

CPD was also provided on the topics of Intercultural Competence and software Brain In Hand.

Other work

External representation

Charity Manager, Sam Gamblin, and Chair, Anna Matthews, have undertaken the majority of external representation/collaboration work but with some vital additional input from other Trustees and members.

Our input with external organisations tends to focus on the specialist roles which make up our membership, multidisciplinary team working, practical strategies for supporting students, the need for good data and evidence, mental health conditions through a disability lens and removing barriers to successful education for students with mental health conditions.

Regular attendance

[Disabled Students Stakeholder Group](#) - attendance at main meeting but also:

- Alliance on Quality Provision for Disabled Students and Inclusivity- separate group made up of practitioner bodies, NUS and other sector groups
- DSA reform group - SLCs working group looking at procurement and student journey

[The Mental Wellbeing in Higher Education Expert Group](#)

HE Taskforce Mental Health & Wellbeing sub-group (Universities Minister)



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Mental Health in Higher Education (Universities UK Advisory Group)

Ongoing ad-hoc

We have catch up and partnership meetings with:

[British Association for Counselling & Psychotherapy - Universities and Colleges division/Head of University Counselling Services](#) (BACP-UC/HUCs)

[Association for the Managers of Student Services in Higher Education](#)

[Association of Dyslexia Specialists in Higher Education](#)

[National Association of Disability Practitioners](#)

[Universities UK](#)

Department of Education DSA team

[Universities and Colleges Application Service \(UCAS\)](#)

[Association of Colleges](#)

[Student Minds](#)

[Office for Students](#)

[Charlie Waller Trust](#)

Collaboration

[First Steps ED](#) - as above

BACP-UC/HUCS - drafting Information and Student Suicide Report

Consultation

We have provided expertise in the following:

- UCAS' [new Adviser Toolkit for supporting students with individual needs](#) and accompanying training module
- [Student Space](#) Advisory Panel
- Student Minds [Supporting Students with Eating Disorders](#) report
- Lord Chris Holmes "[Report into the Disabled Students' Allowance](#)"

Additional external work

We have also attended or presented in a diverse range of meetings and conferences:



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[Children and Young People's Mental Health Coalition](#) (CYMPH) - CYPMH and Schools Wellbeing Partnership joint events

All Party Parliamentary Group on Mental Health - Mental Health Post Pandemic - meeting

ADSHE conference South - workshop on the role of a Specialist Mental Health Mentor with UMHAN member Jane Dye

Open University Seminar: Mental Health Declarations by Black Students

NHS Covid-19: international innovations in mental health - webinar

Radio interview by Radio Islam

Article published about University Student Mental Health Support in [NASEN Connect](#)

UUK Suicide Prevention Rountable with Minister for Universities

Student Futures round table on Student Mental Health: UPPF Student Futures

Commission

MWBHE - chaired workshop on Partnerships with Students as part of the the Student Mental Health and Wellbeing Conference: Radical and Creative Partnership working

Mental Health in Higher Education conference presentation

Student Minds: International students roundtable meeting

Research

[Positive Digital Practices](#) - UMHAN is on the Advisory Board for this research funded by the Office for Students, and we have employed a Mental Health Adviser member, Ashley Cave, to work as Project Officer. Our aim is to ensure the usability and sustainability of outputs from the project strands.

[Nurture-U](#) (was the University Student Wellbeing Project) - UMHAN is on the External Advisory Board for this four-year research flagship project funded by UKRI.

Additionally, we have contributed to multiple research calls for evidence and questionnaires, on student mental health topics and promoted opportunities for members/students to take part where relevant.

Member survey

Our 2020-21 Member Survey report provided insights into the increasing workloads of university mental health support services. 71% of Specialist Mental Health Mentors and 58% of Mental Health Advisers identified an increased number of "high risk" students on their caseload. A large proportion also cited concerns about how increasing mental health problems due to lockdown



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would make their caseloads unmanageable. Our report was shared by the CYMPH in their newsletter.

Newsletter and external communications

Our monthly newsletter is now sent to all members and 456 non-members (a 74% annual increase). The newsletter has around a 40% open rate which is nearly double the benchmark rate.

We use the newsletter and our social media channels to increase awareness of the good work done by our members, to report current trends and themes and to engage in relevant sector topics. This helps to not only increase UMHAN's profile and our key principles, but that of our members.

This year we have commissioned a short explainer video on the Role of a Mental Health Adviser. Launched on 17th March, it has had 155 views up to end of March. The video has been used by UCAS to add to their training module for applicant advisers, and by university services to embed onto their webpages. In April this will be followed by a similar video on the Role of a Specialist Mental Health Mentor.

One of our key planned developments for this year was to improve our external facing resources. Pages now include information about the range of support services available, Disabled Students' Allowances and students rights under the Equality Act. As a result our "For Students" webpages are used by SHOUT, the text crisis service, on an open resources page on their website; it is also used as a resource for volunteers to share directly with texters. Our analytics show us that not only has this increased traffic to the pages, but that viewers are spending time reading the content and clicking links.

Key planned developments for 2022-23

Governance

With new Trustees currently being recruited we are planning on strengthening and developing our Governance and increasing the capacity of the Board. We will support our trustees to ensure their understanding of good governance is sufficient and up-to-date.

Research

As well as continuing the Advisory Board work (as detailed above) we are also supporting UMHAN member Apostolos Fournaris to conduct and promote his PhD research "The Impact of Specialist Mentoring on Anxiety and Academic Performance".

Membership

We will continue to develop our resources and training for members to ensure that their skills and knowledge are relevant and up to date.



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20th Anniversary

2023 marks UMHAN's official 20th anniversary and we will be arranging a series of activities to celebrate our work and that of our members.

Policy development

After the launch of our paper on Information Sharing and Student Suicide we will be creating some accompanying guidance around Mental Health Service Governance. This has been adapted from a short piece by Dr Lucy Robinson, Newcastle University and drafted by Sam and a range of UMHAN manager members.

Financial review

Overview

Although this has been a difficult year for the charity sector and wider economy, careful financial management and forecasting has meant that UMHAN has managed fairly well financially. Income has increased due to membership development and some one-off payments for consultancy and project work. Some costs have been reduced due to Covid i.e. travel and office space rent.

Our accounts have been independently examined and can be viewed in a separate document.

Future plans

The charity will be looking to diversify its income through different streams than just membership fees, such as grants and other fundraising.

We will also be planning some developments based on our healthy reserves. This will include ensuring that the benefits we offer members are appropriate and continue to further our aims and objectives.

REGISTERED CHARITY NUMBER: 1155038

Report of the Trustees and
Unaudited Financial Statements for the Year Ended 31 March 2022
for
University Mental Health Advisers Network (UMHAN)

Contents of the Financial Statements
for the Year Ended 31 March 2022

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Detailed Statement of Financial Activities	12

Report of the Trustees
for the Year Ended 31 March 2022

The trustees of the charity present their report with the financial statements of the charity for the year ended 31 March 2022. The trustees have adopted the provisions of 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).

The charity's trustees consider that an audit is not required for this year, under section 144 of the Charities Act 2011 (the 2011 Act) but an independent examination required as per section 145 of the Charities Act 2011 (the 2011 Act) which is included on page 2.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a Charitable Incorporated Organisation, as defined by the Charities Act 2011 (the 2011 Act).

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

CE001531 (England and Wales)

Registered Charity number

1155038

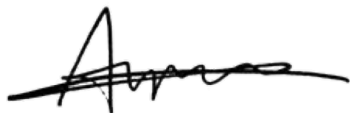
Registered office

The Moseley Exchange
149-153 Alcester Road
Birmingham
B13 8JP

Trustees

Hannah Wilson Trustee
Hannah Abrahams Trustee
Lydia Pell Trustee
Dan Doran Trustee
Anna Goirand Chair
Andrew Plumtree Trustee

Approved by order of the board of trustees on 01/09/2022..... and signed on its behalf by:



.....
Andrew Plumtree - Trustee

Independent examiner's report to the trustees of University Mental Health Advisers Network ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2022.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Sajjad Jaffer FCCA
ACCA

Date:

University Mental Health Advisers Network

Statement of Financial Activities
for the Year Ended 31 March 2022

	Notes	31.3.22 Unrestricted fund £	31.3.21 Total funds £
INCOME AND ENDOWMENTS FROM			
Donations		1,538	164
Charitable activities			
Membership Fees		48,097	39,709
Training Delivery		440	-
Consultancy		1,500	-
Total		51,575	39,873
EXPENDITURE ON			
Charitable activities			
Training Delivery		1,533	-
Administrative expenses		7,353	8,103
Staffing and recruitment costs		30,330	29,904
Governance		666	258
Premises and associated costs		600	943
Total		40,482	39,208
NET INCOME		11,093	665
RECONCILIATION OF FUNDS			
Total funds brought forward		51,502	50,837
TOTAL FUNDS CARRIED FORWARD		<u>62,595</u>	<u>51,502</u>

CONTINUING OPERATIONS

All income and expenditure has arisen from continuing activities.

University Mental Health Advisers Network

Balance Sheet
31 March 2022

	Notes	31.3.22 Unrestricted fund £	31.3.21 Total funds £
FIXED ASSETS			
Tangible assets	6	443	665
CURRENT ASSETS			
Debtors	7	6,108	7,585
Cash at bank and in hand		<u>56,758</u>	<u>44,108</u>
		62,866	51,693
CREDITORS			
Amounts falling due within one year	8	(714)	(856)
		<u> </u>	<u> </u>
NET CURRENT ASSETS		<u>62,152</u>	<u>50,837</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		62,595	51,502
		<u> </u>	<u> </u>
NET ASSETS		<u>62,595</u>	<u>51,502</u>
FUNDS	9		
Unrestricted funds		<u>62,595</u>	<u>51,502</u>
TOTAL FUNDS		<u>62,595</u>	<u>51,502</u>

The charity is entitled to exemption from audit under Section 144 of the Charities Act 2011 (the 2011 Act) for the year ended 31 March 2022.

The members have not required the charity to obtain an audit of its financial statements for the year ended 31 March 2022 in accordance with Section 144 of the Charities Act 2011 (the Act 2011) but an independent examination is required as per section 145 of the Charities Act 2011 (the 2011 Act). The independent examiners statement is included on page 2.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charity keeps accounting records that comply with the Charities Act 2011 (the 2011 Act) and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of the Charities Act 2011 (the 2011 Act) relating to financial statements, so far as applicable to the charity.

The notes form part of these financial statements

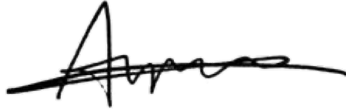
University Mental Health Advisers Network

Balance Sheet - continued

31 March 2022

These financial statements have been prepared in accordance with the provisions applicable to charities.

The financial statements were approved by the Board of Trustees and authorised for issue on
.....01/09/2022..... and were signed on its behalf by:

A handwritten signature in black ink, appearing to read 'Andrew', written over a dotted line.

.....
Andrew Plumtree - Trustee

Notes to the Financial Statements
for the Year Ended 31 March 2022

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer equipment - 25% on cost

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Notes to the Financial Statements - continued
for the Year Ended 31 March 2022

2. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	31.3.22	31.3.21
	£	£
Depreciation - owned assets	<u>222</u>	<u>221</u>

3. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2022 nor for the year ended 31 March 2021.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2022 nor for the year ended 31 March 2021.

4. STAFF COSTS

	31.3.22	31.3.21
	£	£
Wages and salaries	29,745	28,665
Other pension costs	<u>585</u>	<u>826</u>
	<u>30,330</u>	<u>29,491</u>

The average monthly number of employees during the year was as follows:

	31.3.22	31.3.21
Part Time	<u>2</u>	<u>2</u>

No employees received emoluments in excess of £60,000.

The total amount of employee benefits received by key management personnel is £26,335 (£28,052 in 2020/21). The Charity considers its key management personnel comprise of the board of volunteer trustees and the Charity Manager.

Notes to the Financial Statements - continued
for the Year Ended 31 March 2022

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £
INCOME AND ENDOWMENTS FROM	
Donations and legacies	164
Charitable activities	
Membership Fees	39,709
Total	39,873
 EXPENDITURE ON	
Charitable activities	
Administrative expenses	8,103
Staffing and recruitment costs	29,904
Governance	258
Premises and associated costs	943
Total	39,208
NET INCOME	665
 RECONCILIATION OF FUNDS	
Total funds brought forward	50,837
TOTAL FUNDS CARRIED FORWARD	<u>51,502</u>

Notes to the Financial Statements - continued
for the Year Ended 31 March 2022

6. TANGIBLE FIXED ASSETS

	Computer equipment £
COST	
At 1 April 2021 and 31 March 2022	<u>886</u>
DEPRECIATION	
At 1 April 2021	221
Charge for year	<u>222</u>
At 31 March 2022	<u>443</u>
NET BOOK VALUE	
At 31 March 2022	<u>443</u>
At 31 March 2021	<u>665</u>

7. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.22	31.3.21
	£	£
Trade debtors	5,565	7,198
Other debtors	154	-
Prepayments	<u>389</u>	<u>387</u>
	<u>6,108</u>	<u>7,585</u>

8. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.22	31.3.21
	£	£
Trade creditors	-	256
Other creditors	114	-
Accrued expenses	<u>600</u>	<u>600</u>
	<u>714</u>	<u>856</u>

Notes to the Financial Statements - continued
for the Year Ended 31 March 2022**9. MOVEMENT IN FUNDS**

	At 1.4.21 £	Net movement in funds £	At 31.3.22 £
Unrestricted funds			
General fund	51,502	11,093	62,595
TOTAL FUNDS	<u>51,502</u>	<u>11,093</u>	<u>62,595</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	51,575	(40,482)	11,093
TOTAL FUNDS	<u>51,575</u>	<u>(40,482)</u>	<u>11,093</u>

Comparatives for movement in funds

	At 1.4.20 £	Net movement in funds £	At 31.3.21 £
Unrestricted funds			
General fund	50,837	665	51,502
TOTAL FUNDS	<u>50,837</u>	<u>665</u>	<u>51,502</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	39,873	(39,208)	665
TOTAL FUNDS	<u>39,873</u>	<u>(39,208)</u>	<u>665</u>

Notes to the Financial Statements - continued
for the Year Ended 31 March 2022

9. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.20 £	Net movement in funds £	At 31.3.22 £
Unrestricted funds			
General fund	50,837	11,758	62,595
TOTAL FUNDS	<u>50,837</u>	<u>11,758</u>	<u>62,595</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	91,448	(79,690)	11,758
TOTAL FUNDS	<u>91,448</u>	<u>(79,690)</u>	<u>11,758</u>

10. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2022.

University Mental Health Advisers Network

Detailed Statement of Financial Activities
for the Year Ended 31 March 2022

	31.3.22 £	31.3.21 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Fundraising	1,538	164
Charitable activities		
Membership fees	48,097	39,709
Training Revenue	440	-
Consultancy	<u>1,500</u>	<u>-</u>
	<u>50,037</u>	<u>39,709</u>
Total incoming resources	51,575	39,873
EXPENDITURE		
Charitable activities		
Wages	29,745	28,665
Pensions	585	826
Direct expenses	-	32
Insurance	666	258
Rent	600	943
Telephone	72	72
Advertising	824	28
Sundries	1,005	509
Consultancy fees	492	3,964
IT Software & Consumables	3,415	2,277
Staff Training	1,533	413
Accountancy	600	684
Bank Charges	671	264
Subscription costs	53	52
Computer equipment	<u>221</u>	<u>221</u>
	<u>40,482</u>	<u>39,208</u>
Total resources expended	<u>40,482</u>	<u>39,208</u>
Net income	<u><u>11,093</u></u>	<u><u>665</u></u>

This page does not form part of the statutory financial statements

REGISTERED CHARITY NUMBER: 1155038

Report of the Trustees and
Unaudited Financial Statements for the Year Ended 31 March 2022
for
University Mental Health Advisers Network (UMHAN)

Contents of the Financial Statements
for the Year Ended 31 March 2022

	Page
Report of the Trustees	1
Independent Examiner's Report	2
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Notes to the Financial Statements	6 to 11
Detailed Statement of Financial Activities	12

Report of the Trustees
for the Year Ended 31 March 2022

The trustees of the charity present their report with the financial statements of the charity for the year ended 31 March 2022. The trustees have adopted the provisions of 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).

The charity's trustees consider that an audit is not required for this year, under section 144 of the Charities Act 2011 (the 2011 Act) but an independent examination required as per section 145 of the Charities Act 2011 (the 2011 Act) which is included on page 2.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a Charitable Incorporated Organisation, as defined by the Charities Act 2011 (the 2011 Act).

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

CE001531 (England and Wales)

Registered Charity number

1155038

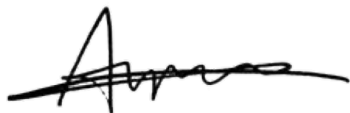
Registered office

The Moseley Exchange
149-153 Alcester Road
Birmingham
B13 8JP

Trustees

Hannah Wilson Trustee
Hannah Abrahams Trustee
Lydia Pell Trustee
Dan Doran Trustee
Anna Goirand Chair
Andrew Plumtree Trustee

Approved by order of the board of trustees on 01/09/2022..... and signed on its behalf by:



.....
Andrew Plumtree - Trustee

Independent examiner's report to the trustees of University Mental Health Advisers Network ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2022.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Sajjad Jaffer FCCA
ACCA

Date:

University Mental Health Advisers Network

Statement of Financial Activities
for the Year Ended 31 March 2022

	Notes	31.3.22 Unrestricted fund £	31.3.21 Total funds £
INCOME AND ENDOWMENTS FROM			
Donations		1,538	164
Charitable activities			
Membership Fees		48,097	39,709
Training Delivery		440	-
Consultancy		1,500	-
Total		51,575	39,873
EXPENDITURE ON			
Charitable activities			
Training Delivery		1,533	-
Administrative expenses		7,353	8,103
Staffing and recruitment costs		30,330	29,904
Governance		666	258
Premises and associated costs		600	943
Total		40,482	39,208
NET INCOME		11,093	665
RECONCILIATION OF FUNDS			
Total funds brought forward		51,502	50,837
TOTAL FUNDS CARRIED FORWARD		<u>62,595</u>	<u>51,502</u>

CONTINUING OPERATIONS

All income and expenditure has arisen from continuing activities.

University Mental Health Advisers Network

Balance Sheet
31 March 2022

	Notes	31.3.22 Unrestricted fund £	31.3.21 Total funds £
FIXED ASSETS			
Tangible assets	6	443	665
CURRENT ASSETS			
Debtors	7	6,108	7,585
Cash at bank and in hand		<u>56,758</u>	<u>44,108</u>
		62,866	51,693
CREDITORS			
Amounts falling due within one year	8	(714)	(856)
		<u> </u>	<u> </u>
NET CURRENT ASSETS		<u>62,152</u>	<u>50,837</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		62,595	51,502
		<u> </u>	<u> </u>
NET ASSETS		<u>62,595</u>	<u>51,502</u>
FUNDS	9		
Unrestricted funds		<u>62,595</u>	<u>51,502</u>
TOTAL FUNDS		<u>62,595</u>	<u>51,502</u>

The charity is entitled to exemption from audit under Section 144 of the Charities Act 2011 (the 2011 Act) for the year ended 31 March 2022.

The members have not required the charity to obtain an audit of its financial statements for the year ended 31 March 2022 in accordance with Section 144 of the Charities Act 2011 (the Act 2011) but an independent examination is required as per section 145 of the Charities Act 2011 (the 2011 Act). The independent examiners statement is included on page 2.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charity keeps accounting records that comply with the Charities Act 2011 (the 2011 Act) and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of the Charities Act 2011 (the 2011 Act) relating to financial statements, so far as applicable to the charity.

The notes form part of these financial statements

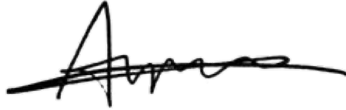
University Mental Health Advisers Network

Balance Sheet - continued

31 March 2022

These financial statements have been prepared in accordance with the provisions applicable to charities.

The financial statements were approved by the Board of Trustees and authorised for issue on
.....01/09/2022..... and were signed on its behalf by:

A handwritten signature in black ink, appearing to read 'Andrew', with a long horizontal stroke extending to the right.

.....
Andrew Plumtree - Trustee

Notes to the Financial Statements
for the Year Ended 31 March 2022

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer equipment - 25% on cost

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Notes to the Financial Statements - continued
for the Year Ended 31 March 2022

2. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	31.3.22	31.3.21
	£	£
Depreciation - owned assets	<u>222</u>	<u>221</u>

3. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2022 nor for the year ended 31 March 2021.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2022 nor for the year ended 31 March 2021.

4. STAFF COSTS

	31.3.22	31.3.21
	£	£
Wages and salaries	29,745	28,665
Other pension costs	<u>585</u>	<u>826</u>
	<u>30,330</u>	<u>29,491</u>

The average monthly number of employees during the year was as follows:

	31.3.22	31.3.21
	<u>2</u>	<u>2</u>
Part Time		

No employees received emoluments in excess of £60,000.

The total amount of employee benefits received by key management personnel is £26,335 (£28,052 in 2020/21). The Charity considers its key management personnel comprise of the board of volunteer trustees and the Charity Manager.

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £
INCOME AND ENDOWMENTS FROM	
Donations and legacies	164
Charitable activities	
Membership Fees	39,709
Total	39,873
 EXPENDITURE ON	
Charitable activities	
Administrative expenses	8,103
Staffing and recruitment costs	29,904
Governance	258
Premises and associated costs	943
Total	39,208
NET INCOME	665
 RECONCILIATION OF FUNDS	
Total funds brought forward	50,837
TOTAL FUNDS CARRIED FORWARD	<u>51,502</u>

Notes to the Financial Statements - continued
for the Year Ended 31 March 2022

6. TANGIBLE FIXED ASSETS

	Computer equipment £
COST	
At 1 April 2021 and 31 March 2022	<u>886</u>
DEPRECIATION	
At 1 April 2021	221
Charge for year	<u>222</u>
At 31 March 2022	<u>443</u>
NET BOOK VALUE	
At 31 March 2022	<u>443</u>
At 31 March 2021	<u>665</u>

7. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.22	31.3.21
	£	£
Trade debtors	5,565	7,198
Other debtors	154	-
Prepayments	<u>389</u>	<u>387</u>
	<u>6,108</u>	<u>7,585</u>

8. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.22	31.3.21
	£	£
Trade creditors	-	256
Other creditors	114	-
Accrued expenses	<u>600</u>	<u>600</u>
	<u>714</u>	<u>856</u>

Notes to the Financial Statements - continued
for the Year Ended 31 March 2022**9. MOVEMENT IN FUNDS**

	At 1.4.21 £	Net movement in funds £	At 31.3.22 £
Unrestricted funds			
General fund	51,502	11,093	62,595
TOTAL FUNDS	<u>51,502</u>	<u>11,093</u>	<u>62,595</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	51,575	(40,482)	11,093
TOTAL FUNDS	<u>51,575</u>	<u>(40,482)</u>	<u>11,093</u>

Comparatives for movement in funds

	At 1.4.20 £	Net movement in funds £	At 31.3.21 £
Unrestricted funds			
General fund	50,837	665	51,502
TOTAL FUNDS	<u>50,837</u>	<u>665</u>	<u>51,502</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	39,873	(39,208)	665
TOTAL FUNDS	<u>39,873</u>	<u>(39,208)</u>	<u>665</u>

Notes to the Financial Statements - continued
for the Year Ended 31 March 2022

9. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.20 £	Net movement in funds £	At 31.3.22 £
Unrestricted funds			
General fund	50,837	11,758	62,595
TOTAL FUNDS	<u>50,837</u>	<u>11,758</u>	<u>62,595</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	91,448	(79,690)	11,758
TOTAL FUNDS	<u>91,448</u>	<u>(79,690)</u>	<u>11,758</u>

10. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2022.

University Mental Health Advisers Network

Detailed Statement of Financial Activities
for the Year Ended 31 March 2022

	31.3.22 £	31.3.21 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Fundraising	1,538	164
Charitable activities		
Membership fees	48,097	39,709
Training Revenue	440	-
Consultancy	<u>1,500</u>	<u>-</u>
	<u>50,037</u>	<u>39,709</u>
Total incoming resources	51,575	39,873
EXPENDITURE		
Charitable activities		
Wages	29,745	28,665
Pensions	585	826
Direct expenses	-	32
Insurance	666	258
Rent	600	943
Telephone	72	72
Advertising	824	28
Sundries	1,005	509
Consultancy fees	492	3,964
IT Software & Consumables	3,415	2,277
Staff Training	1,533	413
Accountancy	600	684
Bank Charges	671	264
Subscription costs	53	52
Computer equipment	<u>221</u>	<u>221</u>
	<u>40,482</u>	<u>39,208</u>
Total resources expended	<u>40,482</u>	<u>39,208</u>
Net income	<u><u>11,093</u></u>	<u><u>665</u></u>

This page does not form part of the statutory financial statements

UNIVERSITY MENTAL HEALTH ADVISERS NETWORK (UMHAN)

England & Wales - Charity number 1155038

Accounts



Annual Report 2020-2021





University Mental Health Advisers Network
www.umhan.com email: umhan@live.co.uk

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University Mental Health Advisers Network
www.umhan.com email: umhan@live.co.uk

About UMHAN

UMHAN was established in 2003 as an information-sharing network for mental health specialists working in Higher Education. UMHAN was a key part in a series of important firsts in Higher Education, including the emphasis on practical and whole-institution approaches to mental health and illness, the development of mental health-specific services in Higher Education, facilitating awareness-raising of mental health and illness, and increasing the appropriate uptake of Disabled Students' Allowances for students with mental health conditions. Importantly, UMHAN members connected the work being undertaken by specialists in Higher Education with national initiatives regarding social exclusion, health promotion, place- and context-based provision for people with mental health conditions and tackling mental health inequalities for students with mental health conditions.

UMHAN was founded by professionals in mental health work and has been instrumental in maintaining and improving the professional development and standards of mental health specialists and services in Higher Education.

While UMHAN has broadened its membership to include other types of mental health-specialist roles and has been involved in consultations and initiatives undertaken by other organisations, its core aims have remained remarkably persistent over the years; these reflect the needs of specialists working in education, the requirements of people with mental health conditions undertaking education, and the benefits of positive action in education and mental health to students, education and society at large.

What does UMHAN do?

The object of the charity is to advance the education of people with mental health difficulties through improving access to Higher Education.

Our aims are to:

- Influence policy development in the fields of Education, Mental Health, Disability, and beyond, to proportionately and accurately represent the needs and interests of people with mental health conditions.
- Ensure mental health support staff working in education are equipped with the tools, support, and empowerment to best support students, and ensure national representation to influence the sector for good.
- Remove the barriers to the full participation of people with mental health conditions in higher education and beyond, encouraging the development of a



University Mental Health Advisers Network
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culture in which people with mental health conditions studying in higher education is a mainstream notion.

Key activities

UMHAN is primarily a membership organisation and seeks to fulfil its aims by enabling the sharing and promotion of best practice through our networks, ensuring that members are kept up to date with the latest developments in the sector. We offer our members online forums, tailored resources and meetings.

We also actively seek to collaborate with key stakeholders and influencers in order to promote the needs and interests of people with mental health conditions, and to achieve the best educational outcomes for students with mental health conditions.

Who funds our work?

Our work is funded almost exclusively through membership fees. This income largely pays the salaries of our Charity Manager and administrator who undertake all day-to-day administration and any development work.

Public benefit

The trustees have had regard to the Charity Commission's guidance on public benefit. We believe that by empowering Mental Health professionals working in education to develop their skills and expertise, and practice safely by providing networks, training and resources we advance the inclusion of people with mental health conditions in education, positively affecting health outcomes and life-time opportunities.

Organisational developments 20-21

Governance

Trustees

We have 6 trustees, led by Chair Anna Matthews.

They are:

Lydia Pell, Dan Doran, Hannah Abrahams, Hannah Wilson, Andrew Plumtree (Treasurer) and Anna Matthews.

Strategic Review

A review of UMHAN's strategy was undertaken by the Board of Trustees and Charity Manager during 2020-21. This was a routine review coinciding with the end of the



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last strategic plan. This activity included redefining our mission and values, as well as identifying our priorities for the next 3 years. These are:

- To use our mission and values to develop and maintain policies and procedures.
- To provide transparent accountability to our members, students/people with mental health conditions and all stakeholders.
- To develop and grow our membership to provide an active forum of support across the UK.
- To facilitate online and in person opportunities for the sharing of best practice, collaboration, and peer education.
- To ensure that members of UMHAN are kept up to date with key information about current policy and disability rights and equipped to apply this knowledge in their work.
- To support the recruitment and retention of experienced staff in the sector to best support students.
- To advocate for people with mental health conditions across the Education, Mental Health, and Disability sectors through our collaborative work.
- To respond to opportunities to liaise with relevant organisations and contribute to initiatives, working groups, conferences, and training.

Our Strategic Priorities document can be downloaded in full on our website.

Volunteers

UMHAN values volunteering as a vital way of achieving our aims, both short and long term. We benefit from volunteers from within the membership, who help us develop resources and policies, but also from external volunteers who assist with campaigns and project development.

Partly due to Covid but also reassessing our structure as part of our strategic review, our member/volunteer working groups have not been active in the same way as previous years.

However, members have still played a part in volunteering their time, for example, feeding back on the new forum, reviewing books and writing blog posts, and other material.

We have also benefited from a recent graduate volunteer, who helped reinvigorate our I Chose to Disclose Campaign, and Uni Mental Health Day.



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www.umhan.com email: umhan@live.co.uk

Our volunteers are instrumental in ensuring that key developments, including new guidance and practices, are member-led and representative. We believe they are an invaluable resource and will continue to ensure that we support and recognise volunteers in our organisation.

Membership

Who are our members?

During 2020-21 our membership types expanded: Mental Health Advisers (MHAs) and Specialist Mental Health Mentors (SMHMs) memberships were renamed Accredited Practitioner memberships to reflect the wide range of job titles and roles that have developed. We also introduced a Manager type, for those directly line-managing MH practitioners, and an Associate type for people who work with students and have an interest in mental health.

We have seen a steady increase across all of our membership types and across geographical locations (we have welcomed our first international member!). This reflects our unique position representing multidisciplinary mental health practitioners in education. We hope to continue to develop and increase our inclusive community over the next year, while upholding our key principles as described in our [Conduct & Capability Framework](#).

At our year end (31st March) we had:

238 Accredited Practitioner (MHA)

157 Accredited Practitioner (Mentor)

19 Associates

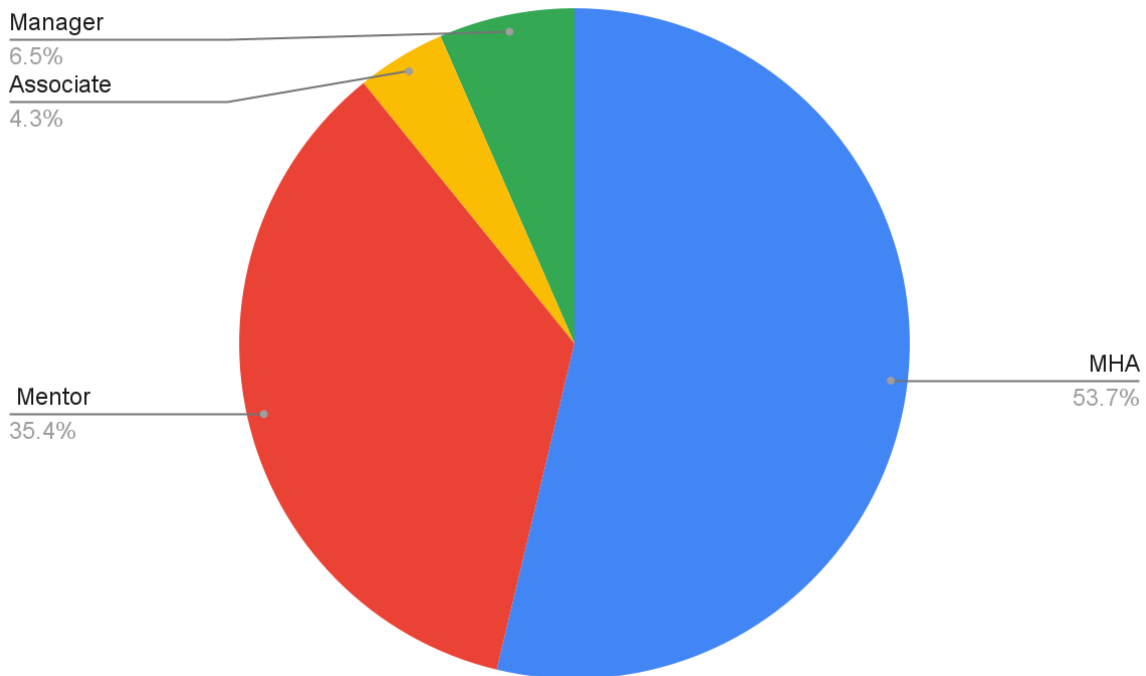
29 Managers

443 Total

This is a 19% increase on last year.



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There has been an increase across all membership types, partly due to a recruitment drive with the launch of our new membership types. Additionally, we have been refining our external messaging about membership benefits (including remote meetings) and the importance of ensuring quality support provision for students.

Why do they become members?

Our regular surveys show that members most highly value the networking opportunities offered by membership, specifically the online forum and meetings. This gives members an opportunity to share best practice, ask questions and share resources and ideas. The outcome is improving the support provided to students with mental health conditions, and thus their educational opportunities and outcomes.

UMHAN also provides up to date resources and information about sector developments relevant to mental health.

Our audit of members provides a quality assurance mechanism which helps to professionalise the roles within Higher Education. Members' interests (and by association those of students with mental health conditions) are represented in our strategic and collaborative work with other organisations, where we seek to give a voice to the most unwell students and those who support them.



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Member engagement

Meetings

Due to the fact that UMHAN already used Zoom, we were able to transition quickly to online member meetings - in fact we had our first online Mentor meeting on 26th March.

Topics have included the challenges of remote working, risk assessment, changing job roles and service reviews. Members have been able to watch the recordings of these meetings at a later date if unable to attend in person.

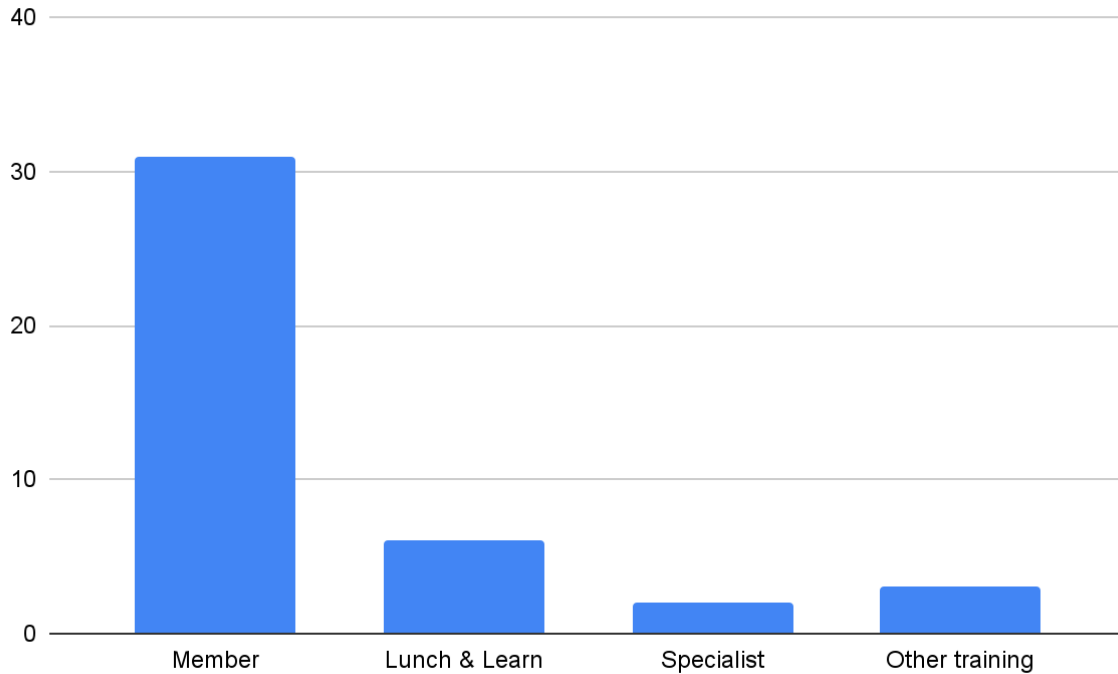
Comments made during these meetings led to UMHAN funding some tailored training on working remotely with students, which was free for all members. Recent feedback from members shows they are broadly very satisfied with remote meetings, especially being able to interact with peers. As a result of this feedback, we will be continuing to hold remote meetings post-pandemic, even if some in person meetings are reintroduced.

At the start of the Autumn term 2020 we introduced a monthly Lunch & Learn slot to provide further CPD for members. The best attended session was delivered by Dr Sarah Cassidy on Autism Adapted Safety Plans.

We have also recently started developing our networks for members from a particular professional or other specialist background, with the aim to help ensure members can easily remain professionally registered through networking, sharing best practice and reflective sessions with peers.



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Our online AGM was also far better attended than an in-person event with 55 attendees. Online voting has also ensured we are more representative, with 295 voters.

Forum

Our new online forum was launched just over a year ago, with a few teething problems! The benefits of the new forum include being able to follow/unfollow topics of interest, and having a better visual format making it easier to read and search old posts.

Although slow to get going, we have now had good engagement from members.

Topics 310

Replies 551

Posts 861

However, our statistics show us that 40% of members have never visited the forum - it's hard to compare this with our previous Jiscmail email forum as we couldn't



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measure this in any way. Our aim will be to increase the numbers of members using the forum, and our next member survey will be asking for more feedback on this.

Other work

External representation

Charity Manager, Sam, and Chair, Anna, have undertaken the majority of external representation/collaboration work but with some vital additional input from other Trustees and members.

Our input with external organisations tends to focus on the specialist roles which make up our membership, multidisciplinary team working, practical strategies for supporting students, the need for good data and evidence, mental health conditions through a disability lens and removing barriers to successful education for students with mental health conditions.

Regular attendance

[Disabled Students Stakeholder Group](#) - attendance at main meeting but also

- Future of DSA Working Group - separate working group made up of practitioner bodies, NUS and other sector groups
- DSA reform group - SLCs working group looking at procurement and student journey

[The Mental Wellbeing in Higher Education Expert Group](#)

[Student Space](#) Advisory Panel

HE Taskforce Mental Health & Wellbeing sub-group (Universities Minister)

Ongoing ad-hoc

We have regular catch up and partnership meetings with:

[BACP/HUCS](#)

[AMOSSHE](#)

[ADSHE](#)

[NADP](#)

[UUK](#)



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Government DSA team

[UCAS](#)

Association of Colleges

Student Minds

Office for Students

Consultation

We have provided expertise in the following:

- The Royal College of Psychiatrists' "[Mental Health of Higher Education Students](#)" report
- The [Children and Young People's Mental Health Coalition](#) annual consultation
- The Centre for Social Justice Disability Commission's report "[Now is the Time](#)"
- "[Arriving at Thriving: Learning from Disabled Students for the Benefit of all](#)"
Policy Connect/Higher Education Commission

One off

We have also attended or presented in a diverse range of meetings and conferences:

All Party Parliamentary Group on Mental Health - meeting

Student Mental Health: Developing an Effective Support Strategy conference

Student Mental Health: Minding the Gaps conference

MH In HE Westminster Insight conference (international students and students from diverse ethnic backgrounds)

Supporting Students Transitioning to University webinar (AoC)

Assistive Technology in Education Conference (ATEC)

Think Positive NUS Scotland - Student Mental Health conference



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Student Minds Eating Disorder Audit panel

The One Show - interview

LBC Radio - interview

Research

We were delighted to host the launch of the White Paper “The Role & Impact of Specialist Mental Health Mentoring on Students in UK HEIs” written by UMHAN's Chair, Anna Matthews. This paper has brought together a decade's worth of research about Specialist MH Mentoring and has helped to promote the need for good quality support provision for students.

- UMHAN has identified the need for common data sets and outcome measures to be able to produce similar research on the impact of work undertaken by Mental Health Advisers, and have worked with the SCORE project to advocate for this. In the meantime, we have instigated our project looking at long standing members, with case studies to highlight the varied nature of the role.

Additionally, we have contributed to multiple research calls for evidence and questionnaires, on student mental health topics and promoted opportunities for members/students to take part where relevant.

UMHD 2021

UMHD 2021 was very successful, in terms of social media and media coverage, with 63 media/press pieces. With events moving online, not so many were registered on the map (61) but we know from our members that some of these events were very successful and enabled them to do “something different” this year.

The main themes discussed on the day were Covid-related MH/wellbeing, the need for action over awareness and inequalities.

Newsletter and external communications

Our monthly newsletter is now sent to all members and 313 non-members. Member Duncan Little writes most of the content. The newsletter has around a 40% open rate, which we're told is extremely good.

We use the newsletter and our social media channels to increase awareness of the good work done by our members, to report current trends and themes and to engage in relevant



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sector topics. This helps to not only increase UMHAN's profile and our key principles, but that of our members. The main platform we use is Twitter where we have seen a 32% increase in followers this year. We are starting to use Google analytics more to be able to better understand the impact this communication has.

Key planned developments for 2021-22

Governance

Advisory Group - our strategic review has led to the development of an Advisory Group. Our aim is that this will enable us to draw on the expertise of current practitioners and members to enable the charity to remain responsive and relevant to members and the Student Mental Health community as a whole. The first cohort of members have been recruited, with the aim that their work will start over the summer.

Impact measures - we will develop a suite of impact measures to enable us to meet our aims effectively. This also depends on more refined data collection.

Trustees - we will support our trustees to ensure their understanding of good governance is sufficient and up-to-date.

Membership

We will continue to develop our resources and training for members to ensure that their skills and knowledge are relevant and up to date.

Supervision - we aim to create a list of available supervisors for members to be able to access good quality supervision

Policy development

We will continue developing resources around students' rights; this includes ongoing work on Disabled Students Allowances reforms, and developing our external webpages.

University Mental Health Charter/schemes in devolved nations - we aim to provide guidance to members who are involved in their University's development of the charter, including advice on how to promote their roles and their existing practices where needed.



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Financial review

Overview

Although this has been a difficult year for the charity sector and wider economy, careful financial management and forecasting has meant that UMHAN has managed fairly well financially. Income has increased due to membership development and some one-off payments for consultancy and project work. Some costs have been reduced due to Covid i.e. travel and office space rent.

This has enabled us to fund a part time administrator and also some tailored training for members based on feedback.

Our accounts have been independently examined and can be viewed in a separate document.

Future plans

The charity will be looking to diversify its income through different streams than just membership fees, such as grants and other fundraising.

We will also be planning some developments based on our healthy reserves. This will include ensuring that the benefits we offer members are appropriate and continue to further our aims and objectives.

REGISTERED CHARITY NUMBER: 1155038

Report of the Trustees and
Unaudited Financial Statements for the Year Ended 31 March 2021
for
University Mental Health Advisers Network (UMHAN)

Contents of the Financial Statements
for the Year Ended 31 March 2021

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Report of the Trustees
for the Year Ended 31 March 2021

The trustees of the charity present their report with the financial statements of the charity for the year ended 31 March 2021. The trustees have adopted the provisions of 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).

The charity's trustees consider that an audit is not required for this year, under section 144 of the Charities Act 2011 (the 2011 Act) but an independent examination required as per section 145 of the Charities Act 2011 (the 2011 Act) which is included on page 2.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a Charitable Incorporated Organisation, as defined by the Charities Act 2011 (the 2011 Act).

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

CE001531 (England and Wales)

Registered Charity number

1155038

Registered office

The Moseley Exchange
149-153 Alcester Road
Birmingham
B13 8JP

Trustees

Hannah Wilson - Trustee
Hannah Abrahams - Trustee
Lydia Pell - Trustee
Anna Goirand - Chair
Dan Doran - Trustee
Andrew Plumtree - Trustee / Treasurer

Approved by order of the board of trustees on 23 August 2021 and signed on its behalf by:



Andrew Plumtree - Trustee

Independent examiner's report to the trustees of University Mental Health Advisers Network ('the Charity')

I report to the charity trustees on my examination of the accounts of the Charity for the year ended 31 March 2021 which are set out on pages' 3 to 11.

Responsibilities and basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 (the 2011 Act).

Having satisfied myself that the accounts of the Charity are not required to be audited under section 144 of the 2011 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Charity as required by the 2011 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of the 2011 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Sajjad Jaffer FCCA
ACCA

23 August 2021

University Mental Health Advisers Network

Statement of Financial Activities
for the Year Ended 31 March 2021

	Notes	31.3.21 Unrestricted fund £	31.3.20 Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies		164	650
Charitable activities			
Membership Fees		39,709	33,444
Total		<u>39,873</u>	<u>34,094</u>
EXPENDITURE ON			
Charitable activities			
Administrative expenses		8,103	7,848
Staffing and recruitment costs		29,904	23,460
Governance		258	598
Premises and associated costs		943	2,523
Total		<u>39,208</u>	<u>34,429</u>
NET INCOME/(EXPENDITURE)		665	(335)
RECONCILIATION OF FUNDS			
Total funds brought forward		50,837	51,172
TOTAL FUNDS CARRIED FORWARD		<u>51,502</u>	<u>50,837</u>

CONTINUING OPERATIONS

All income and expenditure has arisen from continuing activities.

The notes form part of these financial statements

University Mental Health Advisers Network

Balance Sheet
31 March 2021

	Notes	31.3.21 Unrestricted fund £	31.3.20 Total funds £
FIXED ASSETS			
Tangible assets	6	665	-
CURRENT ASSETS			
Debtors	7	7,585	6,360
Cash at bank and in hand		<u>44,108</u>	<u>44,813</u>
		51,693	51,173
CREDITORS			
Amounts falling due within one year	8	(856)	(336)
		<u>50,837</u>	<u>50,837</u>
NET CURRENT ASSETS			
		<u>50,837</u>	<u>50,837</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			
		51,502	50,837
NET ASSETS		<u>51,502</u>	<u>50,837</u>
FUNDS	9		
Unrestricted funds		<u>51,502</u>	<u>50,837</u>
TOTAL FUNDS		<u>51,502</u>	<u>50,837</u>

The charity is entitled to exemption from audit under Section 144 of the Charities Act 2011 (the 2011 Act) for the year ended 31 March 2021.

The members have not required the charity to obtain an audit of its financial statements for the year ended 31 March 2021 in accordance with Section 144 of the Charities Act 2011 (the Act 2011) but an independent examination is required as per section 145 of the Charities Act 2011 (the 2011 Act). The independent examiners statement is included on page 2.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charity keeps accounting records that comply with the Charities Act 2011 (the 2011 Act) and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of the Charities Act 2011 (the 2011 Act) relating to financial statements, so far as applicable to the charity.

The notes form part of these financial statements

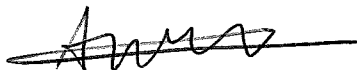
University Mental Health Advisers Network

Balance Sheet - continued

31 March 2021

These financial statements have been prepared in accordance with the provisions applicable to charities.

The financial statements were approved by the Board of Trustees and authorised for issue on 23 August 2021 and were signed on its behalf by:

A handwritten signature in black ink, appearing to read 'Andrew Plumtree', written over a horizontal line.

Andrew Plumtree - Trustee

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer equipment - 25% on cost

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Notes to the Financial Statements - continued
for the Year Ended 31 March 2021

2. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	31.3.21	31.3.20
	£	£
Depreciation - owned assets	<u>221</u>	<u>-</u>

3. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2021 nor for the year ended 31 March 2020.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2021 nor for the year ended 31 March 2020.

4. STAFF COSTS

	31.3.21	31.3.20
	£	£
Wages and salaries	28,665	18,654
Social security costs	-	3,661
Other pension costs	<u>826</u>	<u>1,145</u>
	<u>29,491</u>	<u>23,460</u>

The average monthly number of employees during the year was as follows:

	31.3.21	31.3.20
Part Time	<u>2</u>	<u>1</u>

No employees received emoluments in excess of £60,000.

The total amount of employee benefits received by key management personnel is £28,052 (£22,500 in 2019/20). The Charity considers its key management personnel comprise of the board of volunteer trustees and the Development Worker.

Notes to the Financial Statements - continued
for the Year Ended 31 March 2021

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £
INCOME AND ENDOWMENTS FROM	
Donations and legacies	650
Charitable activities	
Membership Fees	33,444
Total	34,094
 EXPENDITURE ON	
Charitable activities	
Administrative expenses	7,848
Staffing and recruitment costs	23,460
Governance	598
Premises and associated costs	2,523
Total	34,429
NET INCOME/(EXPENDITURE)	(335)
 RECONCILIATION OF FUNDS	
Total funds brought forward	51,172
TOTAL FUNDS CARRIED FORWARD	<u>50,837</u>

6. TANGIBLE FIXED ASSETS

	Computer equipment £
COST	
Additions	<u>886</u>
DEPRECIATION	
Charge for year	<u>221</u>
NET BOOK VALUE	
At 31 March 2021	<u>665</u>
At 31 March 2020	<u>-</u>

Notes to the Financial Statements - continued
for the Year Ended 31 March 2021

7. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.21	31.3.20
	£	£
Trade debtors	7,198	6,360
Prepayments	<u>387</u>	<u>-</u>
	<u>7,585</u>	<u>6,360</u>

8. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.21	31.3.20
	£	£
Trade creditors	256	-
Accrued expenses	<u>600</u>	<u>336</u>
	<u>856</u>	<u>336</u>

9. MOVEMENT IN FUNDS

	At 1.4.20	Net movement in funds	At 31.3.21
	£	£	£
Unrestricted funds			
General fund	50,837	665	51,502
	<u>50,837</u>	<u>665</u>	<u>51,502</u>
TOTAL FUNDS	<u>50,837</u>	<u>665</u>	<u>51,502</u>

Net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	39,873	(39,208)	665
	<u>39,873</u>	<u>(39,208)</u>	<u>665</u>
TOTAL FUNDS	<u>39,873</u>	<u>(39,208)</u>	<u>665</u>

Notes to the Financial Statements - continued
for the Year Ended 31 March 2021

9. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.19 £	Net movement in funds £	At 31.3.20 £
Unrestricted funds			
General fund	51,172	(335)	50,837
TOTAL FUNDS	<u>51,172</u>	<u>(335)</u>	<u>50,837</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	34,094	(34,429)	(335)
TOTAL FUNDS	<u>34,094</u>	<u>(34,429)</u>	<u>(335)</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.19 £	Net movement in funds £	At 31.3.21 £
Unrestricted funds			
General fund	51,172	330	51,502
TOTAL FUNDS	<u>51,172</u>	<u>330</u>	<u>51,502</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	73,967	(73,637)	330
TOTAL FUNDS	<u>73,967</u>	<u>(73,637)</u>	<u>330</u>

10. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2021.

University Mental Health Advisers Network

Detailed Statement of Financial Activities
for the Year Ended 31 March 2021

	31.3.21 £	31.3.20 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Fundraising	164	650
Charitable activities		
Membership fees	<u>39,709</u>	<u>33,444</u>
Total incoming resources	39,873	34,094
EXPENDITURE		
Charitable activities		
Wages	28,665	18,654
Social security	-	3,661
Pensions	826	1,145
Direct expenses	32	87
Insurance	258	598
Rent	943	2,418
Telephone	72	-
Advertising	28	-
Sundries	509	1,986
Consultancy fees	3,964	45
IT Software & Consumables	2,277	2,315
Staff Training	413	617
Travel Costs	-	2,374
Accountancy	684	336
Bank Charges	264	88
Repairs & Renewals	-	105
Subscription costs	52	-
Computer equipment	<u>221</u>	<u>-</u>
	<u>39,208</u>	<u>34,429</u>
Total resources expended	<u>39,208</u>	<u>34,429</u>
Net income/(expenditure)	<u>665</u>	<u>(335)</u>

This page does not form part of the statutory financial statements

REGISTERED CHARITY NUMBER: 1155038

Report of the Trustees and
Unaudited Financial Statements for the Year Ended 31 March 2021
for
University Mental Health Advisers Network (UMHAN)

Contents of the Financial Statements
for the Year Ended 31 March 2021

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Report of the Trustees
for the Year Ended 31 March 2021

The trustees of the charity present their report with the financial statements of the charity for the year ended 31 March 2021. The trustees have adopted the provisions of 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).

The charity's trustees consider that an audit is not required for this year, under section 144 of the Charities Act 2011 (the 2011 Act) but an independent examination required as per section 145 of the Charities Act 2011 (the 2011 Act) which is included on page 2.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a Charitable Incorporated Organisation, as defined by the Charities Act 2011 (the 2011 Act).

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

CE001531 (England and Wales)

Registered Charity number

1155038

Registered office

The Moseley Exchange
149-153 Alcester Road
Birmingham
B13 8JP

Trustees

Hannah Wilson - Trustee
Hannah Abrahams - Trustee
Lydia Pell - Trustee
Anna Goirand - Chair
Dan Doran - Trustee
Andrew Plumtree - Trustee / Treasurer

Approved by order of the board of trustees on 23 August 2021 and signed on its behalf by:



Andrew Plumtree - Trustee

Independent examiner's report to the trustees of University Mental Health Advisers Network ('the Charity')

I report to the charity trustees on my examination of the accounts of the Charity for the year ended 31 March 2021 which are set out on pages' 3 to 11.

Responsibilities and basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 (the 2011 Act).

Having satisfied myself that the accounts of the Charity are not required to be audited under section 144 of the 2011 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Charity as required by the 2011 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of the 2011 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Sajjad Jaffer FCCA
ACCA

23 August 2021

University Mental Health Advisers Network

Statement of Financial Activities
for the Year Ended 31 March 2021

	Notes	31.3.21 Unrestricted fund £	31.3.20 Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies		164	650
Charitable activities			
Membership Fees		39,709	33,444
Total		39,873	34,094
EXPENDITURE ON			
Charitable activities			
Administrative expenses		8,103	7,848
Staffing and recruitment costs		29,904	23,460
Governance		258	598
Premises and associated costs		943	2,523
Total		39,208	34,429
NET INCOME/(EXPENDITURE)		665	(335)
RECONCILIATION OF FUNDS			
Total funds brought forward		50,837	51,172
TOTAL FUNDS CARRIED FORWARD		<u>51,502</u>	<u>50,837</u>

CONTINUING OPERATIONS

All income and expenditure has arisen from continuing activities.

The notes form part of these financial statements

University Mental Health Advisers Network

Balance Sheet
31 March 2021

	Notes	31.3.21 Unrestricted fund £	31.3.20 Total funds £
FIXED ASSETS			
Tangible assets	6	665	-
CURRENT ASSETS			
Debtors	7	7,585	6,360
Cash at bank and in hand		<u>44,108</u>	<u>44,813</u>
		51,693	51,173
CREDITORS			
Amounts falling due within one year	8	(856)	(336)
		<u>50,837</u>	<u>50,837</u>
NET CURRENT ASSETS			
		<u>50,837</u>	<u>50,837</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			
		51,502	50,837
NET ASSETS		<u>51,502</u>	<u>50,837</u>
FUNDS	9		
Unrestricted funds		<u>51,502</u>	<u>50,837</u>
TOTAL FUNDS		<u>51,502</u>	<u>50,837</u>

The charity is entitled to exemption from audit under Section 144 of the Charities Act 2011 (the 2011 Act) for the year ended 31 March 2021.

The members have not required the charity to obtain an audit of its financial statements for the year ended 31 March 2021 in accordance with Section 144 of the Charities Act 2011 (the Act 2011) but an independent examination is required as per section 145 of the Charities Act 2011 (the 2011 Act). The independent examiners statement is included on page 2.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charity keeps accounting records that comply with the Charities Act 2011 (the 2011 Act) and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of the Charities Act 2011 (the 2011 Act) relating to financial statements, so far as applicable to the charity.

The notes form part of these financial statements

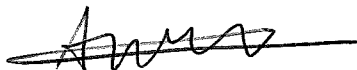
University Mental Health Advisers Network

Balance Sheet - continued

31 March 2021

These financial statements have been prepared in accordance with the provisions applicable to charities.

The financial statements were approved by the Board of Trustees and authorised for issue on 23 August 2021 and were signed on its behalf by:

A handwritten signature in black ink, appearing to read 'Andrew Plumtree', written over a horizontal line.

Andrew Plumtree - Trustee

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer equipment - 25% on cost

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Notes to the Financial Statements - continued
for the Year Ended 31 March 2021

2. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	31.3.21	31.3.20
	£	£
Depreciation - owned assets	<u>221</u>	<u>-</u>

3. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2021 nor for the year ended 31 March 2020.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2021 nor for the year ended 31 March 2020.

4. STAFF COSTS

	31.3.21	31.3.20
	£	£
Wages and salaries	28,665	18,654
Social security costs	-	3,661
Other pension costs	<u>826</u>	<u>1,145</u>
	<u>29,491</u>	<u>23,460</u>

The average monthly number of employees during the year was as follows:

	31.3.21	31.3.20
Part Time	<u>2</u>	<u>1</u>

No employees received emoluments in excess of £60,000.

The total amount of employee benefits received by key management personnel is £28,052 (£22,500 in 2019/20). The Charity considers its key management personnel comprise of the board of volunteer trustees and the Development Worker.

Notes to the Financial Statements - continued
for the Year Ended 31 March 2021

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £
INCOME AND ENDOWMENTS FROM	
Donations and legacies	650
Charitable activities	
Membership Fees	33,444
Total	34,094
 EXPENDITURE ON	
Charitable activities	
Administrative expenses	7,848
Staffing and recruitment costs	23,460
Governance	598
Premises and associated costs	2,523
Total	34,429
NET INCOME/(EXPENDITURE)	(335)
 RECONCILIATION OF FUNDS	
Total funds brought forward	51,172
TOTAL FUNDS CARRIED FORWARD	<u>50,837</u>

6. TANGIBLE FIXED ASSETS

	Computer equipment £
COST	
Additions	<u>886</u>
DEPRECIATION	
Charge for year	<u>221</u>
NET BOOK VALUE	
At 31 March 2021	<u>665</u>
At 31 March 2020	<u>-</u>

Notes to the Financial Statements - continued
for the Year Ended 31 March 2021

7. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.21	31.3.20
	£	£
Trade debtors	7,198	6,360
Prepayments	<u>387</u>	<u>-</u>
	<u>7,585</u>	<u>6,360</u>

8. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.21	31.3.20
	£	£
Trade creditors	256	-
Accrued expenses	<u>600</u>	<u>336</u>
	<u>856</u>	<u>336</u>

9. MOVEMENT IN FUNDS

	At 1.4.20	Net movement in funds	At 31.3.21
	£	£	£
Unrestricted funds			
General fund	50,837	665	51,502
	<u>50,837</u>	<u>665</u>	<u>51,502</u>
TOTAL FUNDS	<u>50,837</u>	<u>665</u>	<u>51,502</u>

Net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	39,873	(39,208)	665
	<u>39,873</u>	<u>(39,208)</u>	<u>665</u>
TOTAL FUNDS	<u>39,873</u>	<u>(39,208)</u>	<u>665</u>

Notes to the Financial Statements - continued
for the Year Ended 31 March 2021

9. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.19 £	Net movement in funds £	At 31.3.20 £
Unrestricted funds			
General fund	51,172	(335)	50,837
TOTAL FUNDS	<u>51,172</u>	<u>(335)</u>	<u>50,837</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	34,094	(34,429)	(335)
TOTAL FUNDS	<u>34,094</u>	<u>(34,429)</u>	<u>(335)</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.19 £	Net movement in funds £	At 31.3.21 £
Unrestricted funds			
General fund	51,172	330	51,502
TOTAL FUNDS	<u>51,172</u>	<u>330</u>	<u>51,502</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	73,967	(73,637)	330
TOTAL FUNDS	<u>73,967</u>	<u>(73,637)</u>	<u>330</u>

10. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2021.

University Mental Health Advisers Network

Detailed Statement of Financial Activities
for the Year Ended 31 March 2021

	31.3.21 £	31.3.20 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Fundraising	164	650
Charitable activities		
Membership fees	<u>39,709</u>	<u>33,444</u>
Total incoming resources	39,873	34,094
EXPENDITURE		
Charitable activities		
Wages	28,665	18,654
Social security	-	3,661
Pensions	826	1,145
Direct expenses	32	87
Insurance	258	598
Rent	943	2,418
Telephone	72	-
Advertising	28	-
Sundries	509	1,986
Consultancy fees	3,964	45
IT Software & Consumables	2,277	2,315
Staff Training	413	617
Travel Costs	-	2,374
Accountancy	684	336
Bank Charges	264	88
Repairs & Renewals	-	105
Subscription costs	52	-
Computer equipment	<u>221</u>	<u>-</u>
	<u>39,208</u>	<u>34,429</u>
Total resources expended	<u>39,208</u>	<u>34,429</u>
Net income/(expenditure)	<u>665</u>	<u>(335)</u>

This page does not form part of the statutory financial statements