



Annual Report 2020-2021





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



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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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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

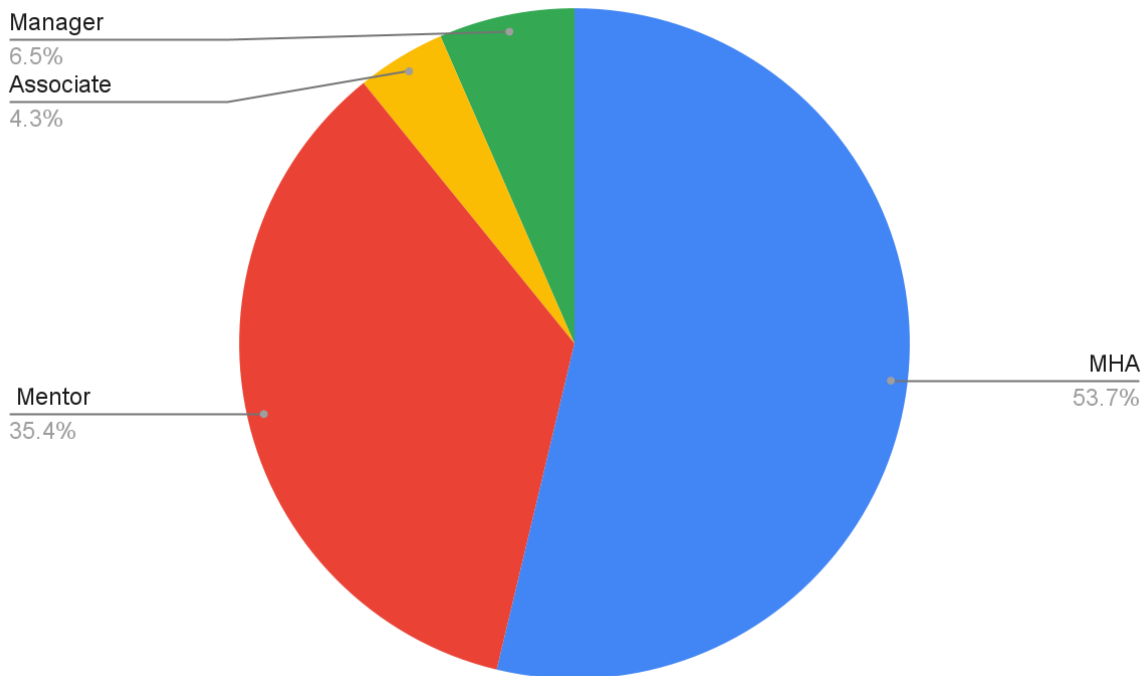
29 Managers

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.

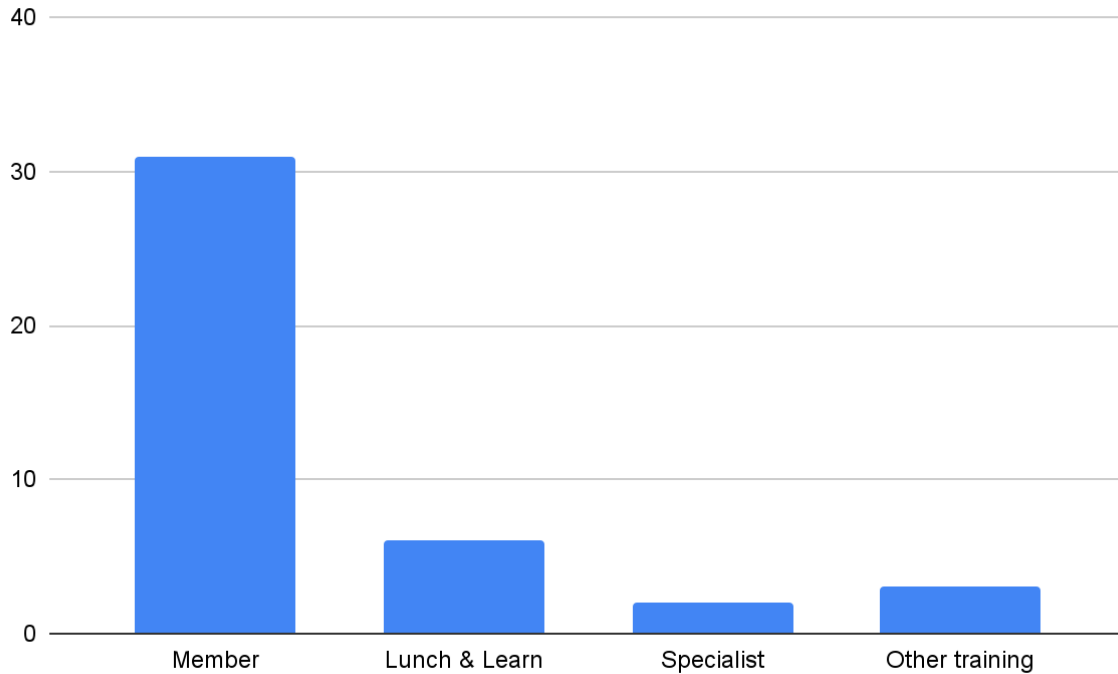
Comments made during these meetings led to UMHAN funding some tailored training on working remotely with students, which was free for all members. Recent feedback from members shows they are broadly very satisfied with remote meetings, especially being able to interact with peers. As a result of this 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		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)
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

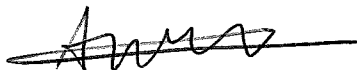
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Balance Sheet - continued

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.

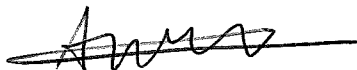
The notes form part of these financial statements

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