



Annual Report 2022-2023





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



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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?

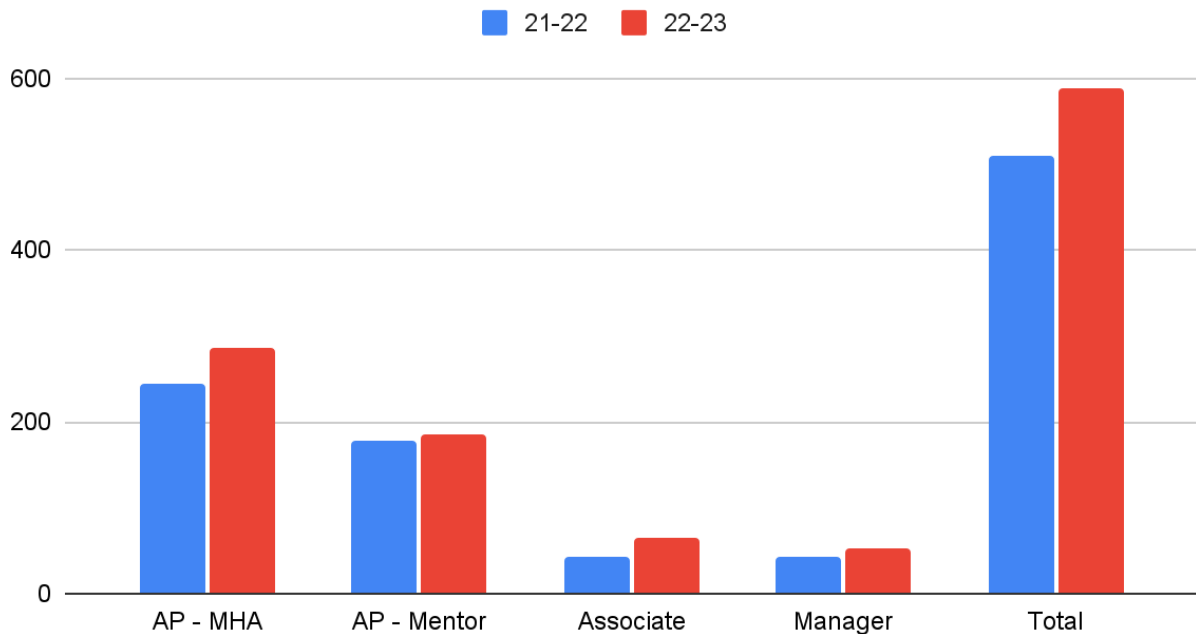
Average member recruitment rate = 12.5%

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.



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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.

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

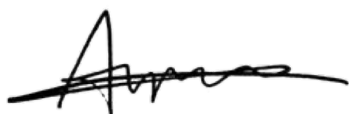
Appointed on 8th September 2022

Appointed on 8th September 2022

Appointed on 8th September 2022

Appointed on 4th October 2022

Approved by order of the board of trustees on9th 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

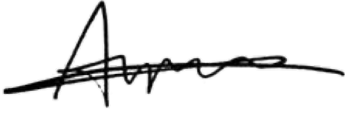
- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its 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

	Page
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Independent Examiner's Report	2
Statement of Financial Activities	3
Balance Sheet	4 to 5
Notes to the Financial Statements	6 to 11
Detailed Statement of Financial Activities	12

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
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

Resigned on 8th September 2022

Appointed on 8th September 2022

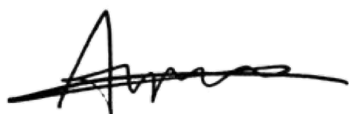
Appointed on 8th September 2022

Appointed on 8th September 2022

Appointed on 8th September 2022

Appointed on 4th October 2022

Approved by order of the board of trustees on9th 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

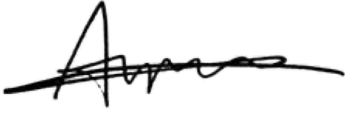
- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its 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:

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

.....
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>

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Other creditors	166	114
Accrued expenses	<u>600</u>	<u>600</u>
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Notes to the Financial Statements - continued
for the Year Ended 31 March 2023

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9. MOVEMENT IN FUNDS - continued

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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

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Total incoming resources	62,299	51,575
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Charitable activities		
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Sundries	1,600	1,005
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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>

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