



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 01/01/2022 Period start date to 31/12/2022 Period end date

Charity name: Jaya Mental Health

Charity registration number: 1159008

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<p>The object of the charity is the relief of sickness and the preservation of health among people living in Nepal, Sri Lanka and other South Asian countries by:</p> <ul style="list-style-type: none">(1) creating and supporting a platform for UK and other trained nurses and allied health professionals to share skills and professional expertise with colleagues in such countries and contributing to the development of informed health work forces in such countries.(2) advancing the education of nurses and allied health professionals in Nepal, Sri Lanka and other Asian countries and fostering sustainable and long-lasting educational programmes which ensure continuous professional development and expertise.(3) promoting the participation of nurses and allied health professionals in the management and delivery of community health care services through the provision of financial assistance, support, education and practical advice.(4) promoting the empowerment of nurses and allied health professionals and supporting their role in developing health care practice and encourage their participation in the shaping of current and future health care policy.
Summary of the main activities in relation to those	Para 1.17 and 1.19	2022 was the year in which the world started to witness a reduction in COVID-19

<p>purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.</p>	<p>transmissions. A large proportion of the world population got immunised and death rates gradually decreased in most countries. Nevertheless, and after two years of loss, grief and hardship, the pandemic had a significant impact on the mental health of millions of men, women and children all over the globe.</p> <p>As with other major health emergencies, those living in low- and middle-income countries and with limited access to quality healthcare were the most affected by the aftermath of this unprecedented crisis.</p> <p>Together with the profound health and social inequalities that continue to define our world, the pandemic emphasised the chronic need for well-resourced, high quality mental health services, particularly in deprived areas of South Asia, Africa and Latin America. This has re-enforced the importance of Jaya Mental Health's work in low and middle-income countries, and our commitment to bring better mental health care to some of the world's most deprived communities.</p> <p>As in previous years, Jaya Mental Health's programmes and projects targeted three main beneficiary groups:</p> <ul style="list-style-type: none"> (1) Nurses, health care workers, social and community workers, psychologists, and other allied health professionals working in both inpatient and community mental health outreach programmes in low and middle-income countries, including Nepal, Pakistan and Sri Lanka. (2) West-based trained health care staff wishing to exchange skills and resources with their counterparts living and working in countries where Jaya Mental Health develops its activities. (3) People affected by mental illness, and in particular older adults, women and children living in remote, rural areas of South Asia. <p>In accordance with Jaya Mental Health's approach to achieving effective change and sustainable results, this past year's projects focused primarily on:</p>
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		<p>a) Re-starting specialist mental health care clinics cancelled and/or affected by restrictions related to the COVID-19 pandemic, in particular in rural, mountainous areas across the Himalayan range.</p> <p>b) Ensuring that nurses and other health and community workers re-engaged in capacity building and professional development opportunities with a focus on mental health care and leadership skills development.</p> <p>c) Continuing to build working partnerships with other national and international organisations dedicated to strengthening the quality of mental health care throughout and beyond the pandemic.</p> <p>By working collectively as a board, Jaya Mental Health's trustees will continue to ensure that the charity carries out its purpose for the benefit of all groups listed above and works towards a society better equipped to support those affected by ill mental health.</p>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	In fulfilling their duties and making decisions about the charity's activities, the trustees have ensured that these activities benefit the public and have paid due regard to the Charity Commission's guidance in this matter.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	Our Grant-Making Policy sets out the principles, criteria and processes that govern how Jaya Mental Health makes grants; it is supported by three additional documents, including a Grant Application Form, Grant Approval Letter, and Grant Monitoring Form.
Policy on social investment including program related investment	Para 1.38	N/A
		The trustees would like to acknowledge the invaluable contribution of its volunteers,

Contribution made by volunteers	Para 1.38	notably Marjorie Gardner, Angelo Leo, Vera Capoulas, Africa Vieira and Tereza Nogueira without whose efforts Jaya Mental Health would not exist.
Other		N/A

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>In 2022, most of Jaya Mental Health's worked focused on re-initiating our overseas capacity building activities, resuming clinical services in remote communities across the Himalayan range and expanding our partnerships with health care providers both in South Asia and the UK.</p> <p>The following is an outline of some of Jaya Mental Health's main activities throughout the year:</p> <ol style="list-style-type: none"> 1. Free Walk-in Mental Health Clinics in the Himalayas <p>After a prolonged period of intermittent visits to Ilam, eastern Nepal, in 2022 our team was once again able to run specialist walk-in mental health clinics in the region on a regular basis, reaching out to over 250 local men, women and children directly affected by mental illness.</p> <p>As prior to the pandemic, Jaya's health professionals also visited people in their own homes, in particular those at most risk to themselves and/or others.</p> <p>In addition to bringing care to this remote area of Nepal, we also resumed our capacity building programme aimed at local community workers (Health Assistants and Female Community Health Volunteers) – a central step to ensuring the long-term sustainability of rural-based mental health care interventions.</p> <p>In 2022, we also did our first needs-based assessment of health and social care services available in Mustang, Western Nepal and sealed a new partnership with local authorities to replicate Jaya Mental Health's model of community mental health care in this remote region of the country.</p>

		<p>2. Nursing Mentorship Project</p> <p>In April 2022 and with the support of the Burdett Trust for Nursing, we launched a Nursing Mentorship Project in Bhaktapur – the first of its kind in Nepal.</p> <p>The main aims and objectives of this two-year nursing-led project include to assist Bhaktapur Hospital with the provision of a high quality, evidence-based mentorship programme for nurses (newly registered and experienced nurses) joining and working in all of the hospital's clinical departments; to build the capacity of Bhaktapur Hospital's nursing mentors, their professional and soft skills and their management and leadership capability in the clinical workplace; and to develop a replicable nursing mentorship framework of use to other healthcare providers and nursing employers in Nepal, recognised by the Nursing Division, Ministry of Health, Nepal.</p> <p>3. Training of informal dementia carers, Sri Lanka</p> <p>This past year and as travel restrictions eased, our team was able to re-connect with partners in Sri Lanka, and engage in in-country training activities aimed at volunteers caring for people affected by dementia in Sri Lanka's only Activity Centre for people suffering from cognitive impairment (a centre run by the Lanka Alzheimer's Foundation).</p> <p>4. Supporting the sustainability of occupational therapy education in Sri Lanka</p> <p>Also in Sri Lanka, with the support of the Tropical Health Education Trust (THET) and in partnership with Kelanyia University, we planted the seeds for a new project supporting the sustainability of occupational therapy in the country.</p> <p>The aims and objectives of this 4-year project is to offer mentorship and guidance to the senior OT appointed to lead the first 4 year degree course in occupational therapy in Sri Lanka and human and academic resources to support course delivery in order to achieve the objective of ensuring a successful first presentation of the course and sustainable education for occupational therapists in the future.</p>
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		<p>5. 'Aafnai Thau', My Safe Space – a platform led by nurses, for nurses</p> <p>The COVID-19 crisis has emphasized the fragile and at times unsafe circumstances in which nurses practice, and how their role is regarded by Nepalese society. Throughout the pandemic, local media channels have been flooded with reports of discriminatory behaviour and abuse towards health care staff, and in particular nurses. Contrary to what has happened in the UK and other parts of the world, frontline workers in Nepal have received no applauses or words of recognition or encouragement.</p> <p>In 2020, Jaya Mental Health proposed the creation of a safe space to which every nurse is welcome to; a space run by nurses, for nurses, created to listen and support Nepalese nurses, to build their confidence, and to equip them with the right tools to become effective health and social care leaders.</p> <p>The <i>Aafnai Thau</i>, My Safe Space project was formally opened in 2022, consisting of a platform for nurses (qualified and students) to connect, to get support, and to grow both personally and professionally; a judgment-free zone where nurses can let their guard down and truly be themselves; a space that allows current and future nurses to practice self-care so they can continue making thoughtful, productive contributions to difficult discussions, inside and outside their workplace and life in general.</p> <p>6. School Health Nursing Project</p> <p>After some delays due to travel restrictions, our team was able to travel to Surkhet and launch most capacity activities related to the professional development of school nurses working in the region. The project consists on building the confidence of newly-allocated school nurses, improve their mental health care skills, and develop a high quality emotional support system for school aged children in the region. It is done in partnership with the Nursing Division of Nepal and the support of the Burdett Trust for Nursing, UK.</p> <p>7. Nursing Now Challenge, Coventry University</p> <p>Throughout 2022, our UK and Nepal-based teams continued contributing to the Nursing Now Challenge Platform, Coventry University, UK, taking part in different</p>
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		webinars and workshops under the theme “raising the profile of nurses and midwives across the world”.
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Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	Improvements in the global fight against COVID-19 had a substantial positive impact on the work of Jaya Mental Health and our team’s ability to achieve all objectives set at the beginning of 2022: we continued running existing outreach mental health services and extended our model of community mental health care to a new region in the Himalayas; invited greater numbers of health and community professionals to take part in our capacity building activities; ensured nurses and other carers had access to evidence-based emotional support networks; and continued to build new partnerships with relevant organisations including governmental bodies and other national and international NGOs.
Performance of fundraising activities against objectives set	Para 1.41	<p>As in 2020 and 2021, in 2022 Jaya Mental Health and the international NGOs sector saw little improvements in the availability of significant fundraising opportunities.</p> <p>In addition to the effects of the COVID-19 pandemic, the conflict between Russia and the Ukraine significantly affected the global economy via financial sanctions, changes in commodities prices and drastic supply-chain disruptions. The UK economy, already debilitated by the withdrawal from the European Union, was one of the worst affected in the group of high-income economies.</p> <p>Despite 2022 being one of Jaya Mental Health’s toughest years in regards to Fundraising, we employed a new Fundraising Partnerships Manager who has played a key role in the development of a new fundraising strategy that defines the organisation’s fundraising path over the coming three years.</p>

		Euromonitor International, the Burdett Trust for Nursing and THET remained our largest donor agencies.
Investment performance against objectives	Para 1.41	N/A
Other		N/A

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	<p>In January 2022, Jaya Mental Health received the 1st of 3 annual grants from Euromonitor International. This major donor has agreed to extend its grants for a further three years.</p> <p>Nevertheless, on December 31, 2022, the organisation was in a difficult position with limited funds for the following year. The COVID-19 pandemic, the war in Eastern Europe, and the UK's fragile economic and financial predicament has had a significant impact on the organisation's activities and fundraising, creating important challenges for the coming months.</p> <p>In January 2023, Jaya Mental Health will receive Euromonitor's second annual grant (£50,000). In February 2023, we will also be informed of the outcome of other grant applications made to UK and foreign agencies (eg the Burdett Trust for Nursing).</p>
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	<p>Jaya Mental Health's policy regarding reserves is that they should be kept to a minimum such that donations received benefit the charity's beneficiaries as soon as possible, subject to the following constraints:</p> <ul style="list-style-type: none"> • The charity's resources should be expended in an orderly and planned fashion in order to avoid waste and maximize their impact. • The charity's financial stability is maintained such that it can meet its current and future liabilities and commitments <p>In light of these considerations, Jaya Mental Health's reserves policy is that the minimum level of reserves should be equivalent to six months' operating costs and the maximum level should cover twelve to twenty four month's running costs.</p>

Amount of reserves held	Para 1.22	£24,382
Reasons for holding zero reserves	Para 1.22	N/A
Details of fund materially in deficit	Para 1.24	N/A
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	N/A

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	<p>In addition to the Euromonitor grant referred above (£50,000 x 3), Jaya Mental Health continues to raise money from public donations through its website, as well as through formal grant applications (Foundation Trusts, other INGOs, etc).</p> <p>Other examples of successful fundraising activities in 2022 include:</p> <ul style="list-style-type: none"> £4,825 (August 2022) from the Tropical Health Education Trust (THET). £5,000 (December 2022) the Big Give Christmas Campaign.
Investment policy and objectives including any social investment policy adopted	Para 1.46	N/A
A description of the principal risks facing the charity	Para 1.46	<p>Small sized CIOs such as Jaya Mental Health remain significantly exposed to the drastic deterioration of the world's social and economic environment. 2022 has been one of Jaya Mental Health's most difficult years regarding attracting new major donors and gathering alternative funding streams.</p> <p>The charitable sector remains at risk of continuing to lose significant funding due to the unresolved health, environmental and social crisis. A year on, the conflict in Eastern Europe remains unpredictable and of grave concern to the humanitarian, social and financial stability of Europe, the UK and the world in general.</p> <p>Jaya Mental Health is a member of the National Council for Voluntary Organisations (NCVO) and is constantly seeking advice and support from this and</p>

		other bodies as the current crisis progresses.
Other		N/A

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution
How is the charity constituted? (e.g. unincorporated association, CIO)	Para 1.25	Charitable Incorporated Organisation
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Trustees are selected based on their skills, knowledge and experience in relation to their role within the organisation. Trustees are appointed by a resolution of the board of trustees.

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	Every new trustee receives an induction pack comprised of: •The current version of the charity's constitution •The charity's latest Trustees' Annual Report and Accounts •Jaya Mental Health's Welcome Pack
The charity's organisational structure and any wider network with which the charity works	Para 1.51	Jaya Mental Health is a member of the National Council of Voluntary Organisations (NCVO) and an active partner of the Nursing Now Challenge platform (Coventry University). In Nepal Jaya Mental Health works closely with the World Health Organisation (WHO – mental health care division) and the Nursing Division of the Nepalese Ministry of Health
Relationship with any related parties	Para 1.51	In 2019, Jaya Mental Health helped establish Unity in Health Nepal (UiHN), a charity registered in Nepal. UiHN was established with the help of Nepalese individuals involved with Jaya Mental Health for the purpose of enabling us to carry out our activities in the country. UiHN is independent but currently relies entirely on grants from Jaya Mental Health so their activities are closely aligned and coordinated with our own.

		<p>In 2022 and as part of our strategy to increase fundraising streams and accessing funding opportunities within the European Union (as recommended by the NCVO), Jaya Mental Health supported the opening of the Associação Jaya Mental Health Portugal in Lisbon, Portugal (JMH Portugal). Contrary to UiHN, JMH Portugal does not rely on grants or any form of financial support from Jaya Mental Health UK. As an independent, EU-based body, JMH Portugal's main objective is to fundraise and financially support projects taking place in South Asia.</p> <p>A Memorandum of Understanding is in place between Jaya Mental Health and UiHN as well as between Jaya Mental Health and JMH Portugal.</p>
Other		N/A

Reference and Administrative details

Charity name	Jaya Mental Health
Other name the charity uses	N/A
Registered charity number	1159008
Charity's principal address	124 Longberrys Cricklewood Lane London NW2 2TQ United Kingdom

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Lekamge Neville de Silva			Board of Trustees
2	Gayathri Santhi-McBain			Board of Trustees
3	Jo James			Board of Trustees
4	Bruno Lafleur			Board of Trustees
5	Brian Martin			Board of Trustees
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/A

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

Joao Marcal-Grilo

Exemptions from disclosure

Reason for non-disclosure of key personnel details

N/A



Other optional information

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Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Joanna James	Bruno Lafleur
Position (eg Secretary, Chair, etc)	Trustee	Trustee

Date 20/10/23



JAYA MENTAL HEALTH			Charity No (if any)	1159008	CC17a
Annual accounts for the period					
Period start date	01-Jan-22	To	Period end date	31-Dec-22	

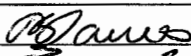

Section A Statement of financial activities

Recommended categories by activity	Details of own analysis	Note	Unrestricted funds £	Restricted income funds £	Endowment funds £	Total this year £	Total last year £
			F01	F02	F03	F04	F05
Incoming resources (Note 3)							
Incoming resources from generated funds			3,049	63,141	-	66,190	72,674
Voluntary income		S01	-	-	-	-	-
Activities for generating funds		S02	-	-	-	-	-
Investment income		S03	37	-	-	37	8,148
Incoming resources from charitable activities		S04	-	-	-	-	-
Other incoming resources		S05	-	-	-	-	-
Total incoming resources		S06	3,086	63,141	-	66,227	80,822
Resources expended (Notes 4-8)							
Costs of Generating Funds			280	11,558	-	11,838	8,348
Costs of generating voluntary income		S07	-	-	-	-	-
Fundraising trading costs		S08	-	-	-	-	-
Investment management costs		S09	-	-	-	-	-
Charitable activities		S10	4,343	79,061	-	83,404	75,416
Governance costs		S11	-	-	-	-	-
Other resources expended		S12	-	-	-	-	-
Total resources expended		S13	4,623	90,618	-	95,242	83,765
Net incoming/(outgoing) resources before transfers		S14	- 1,538	- 27,477	-	- 29,015	- 2,943
Gross transfers between funds		S15	-	-	-	-	-
Net incoming/(outgoing) resources before other recognised gains/(losses)		S16	- 1,538	- 27,477	-	- 29,015	- 2,943
Other recognised gains/(losses)							
Gains and losses on revaluation of fixed assets for the charity's own use		S17	-	-	-	-	-
Gains and losses on investment assets		S18	-	-	-	-	-
Net movement in funds		S19	- 1,538	- 27,477	-	- 29,015	- 2,943
Total funds brought forward		S20	10,191	43,206	-	53,397	56,340
Total funds carried forward		S21	8,653	15,729	-	24,382	53,397

Section B Balance sheet

	Note	Unrestricted funds £	Restricted income funds £	Endowment funds £	Total this year £	Total last year £
		F01	F02	F03	F04	F05
Fixed assets						
Tangible assets (Note 9)	B01	-	-	-	-	-
	B02	-	-	-	-	-
Investments (Note 10)	B03	-	-	-	-	-
Total fixed assets	B04	-	-	-	-	-
Current assets						
Stock and work in progress	B05	1,897	-	-	1,897	1,897
Debtors (Note 11)	B06	-	1,010	-	1,010	646
(Short term) investments	B07	-	-	-	-	-
Cash at bank and in hand	B08	7,207	14,719	-	21,926	51,245
Total current assets	B09	9,103	15,729	-	24,832	53,787
Creditors: amounts falling due within one year (Note 12)	B10	450	-	-	450	390
Net current assets/(liabilities)	B11	8,653	15,729	-	24,382	53,397
Total assets less current liabilities	B12	8,653	15,729	-	24,382	53,397
Creditors: amounts falling due after one year (Note 12)	B13	-	-	-	-	-
Provisions for liabilities and charges	B14	-	-	-	-	-
Net assets	B15	8,653	15,729	-	24,382	53,397
Funds of the Charity						
Unrestricted funds	B16	8,653			8,653	10,191
	B17	-			-	-
Restricted income funds (Note 13)	B18		15,729		15,729	43,206
Endowment funds (Note 13)	B19			-	-	-
Total funds	B20	8,653	15,729	-	24,382	53,397

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Joanna James	20/10/23
	BRUNO LAFCEY	20/10/23

Section C**Notes to the accounts****Note 1 Basis of preparation**

This section should be completed by all charities .

1.1 Basis of accounting

These accounts have been prepared on the basis of historic cost (except that investments are shown at market value) in accordance with:

- Accounting and Reporting by Charities – Statement of Recommended Practice (SORP 2005);
- and with*

✓

 Accounting Standards;
- or

 Financial Reporting Standards for Smaller Enterprises (FRSSE);
- and with the Charities Act.

* -Tick as appropriate:

- if all relevant disclosures shown in the pack have been given then please tick "Accounting Standards";
- if disclosures completed in these accounts have been restricted to those required by the FRSSE, then please tick "Financial Reporting Standards for Smaller Enterprises (FRSSE)".

1.2 Change in basis of accounting

There has been no change to the accounting policies (valuation rules and methods of accounting) since last year.

1.3 Changes to previous accounts

No changes have been made to accounts for previous years.

Note 2

Accounting policies

This standard list of accounting policies has been applied by the charity except for those deleted. Where a different or additional policy has been adopted then this is detailed in the box below.

INCOMING RESOURCES**Recognition of incoming resources**

These are included in the Statement of Financial Activities (SoFA) when:

- the charity becomes entitled to the resources;
- the trustees are virtually certain they will receive the resources; and
- the monetary value can be measured with sufficient reliability.

Incoming resources with related expenditure

Where incoming resources have related expenditure (as with fundraising or contract income) the incoming resources and related expenditure are reported gross in the SoFA

Grants and donations

Grants and donations are only included in the SoFA when the charity has unconditional entitlement to the resources.

Tax reclaims on donations and gifts

Incoming resources from tax reclaims are included in the SoFA at the same time as the gift to which they relate.

Contractual income and performance related grants

This is only included in the SoFA once the related goods or services have been delivered.

Gifts in kind

Gifts in kind are accounted for at a reasonable estimate of their value to the charity or the amount actually realised.

Gifts in kind for sale or distribution are included in the accounts as gifts only when sold or distributed by the charity.

Gifts in kind for use by the charity are included in the SoFA as incoming resources when receivable.

Donated services and facilities

These are only included in incoming resources (with an equivalent amount in resources expended) where the benefit to the charity is reasonably quantifiable, measurable and material. The value placed on these resources is the estimated value to the charity of the service or facility received.

Volunteer help

The value of any voluntary help received is not included in the accounts but is described in the trustees' annual report.

Investment income

This is included in the accounts when receivable.

Investment gains and losses

This includes any gain or loss on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

EXPENDITURE AND LIABILITIES**Liability recognition**

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources.

Governance costs

Include costs of the preparation and examination of statutory accounts, the costs of trustee meetings and cost of any legal advice to trustees on governance or constitutional matters.

Grants with performance conditions

Where the charity gives a grant with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SoFA once the recipient of the grant has provided the specified service or output.

**Grants payable without performance conditions
Support Costs**

These are only recognised in the accounts when a commitment has been made and there are no conditions to be met relating to the grant which remain in the control of the charity.

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, eg allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

ASSETS**Tangible fixed assets for use by charity**

These are capitalised if they can be used for more than one year, and cost at least £500. They are valued at cost or a reasonable value on receipt.

Investments

Investments quoted on a recognised stock exchange are valued at market value at the year end. Other investment assets are included at trustees' best estimate of market value.

Stocks and work in progress

These are valued at the lower of cost or market value.

**POLICIES ADOPTED
ADDITIONAL TO OR
DIFFERENT FROM THOSE
ABOVE**

Note 3 Analysis of incoming resources

Incoming resources may be further analysed if this would help the reader of the accounts.

	Analysis	This year £	Last year £
Voluntary income	Donations and gifts	66,190	72,674
		-	-
		-	-
		-	-
	Total	66,190	72,674
Activities for generating funds		-	-
		-	-
		-	-
		-	-
	Total	-	-
Investment income	Other	37	8,148
		-	-
		-	-
		-	-
	Total	37	8,148
Incoming resources from charitable activities		-	-
		-	-
		-	-
		-	-
	Total	-	-

Section C	Notes to the accounts	(cont)
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Note 4 Analysis of resources expended

Resources expended may be further analysed if this would help the reader of the accounts.

	Analysis	This year £	Last year £
Costs of generating voluntary income	Incurred seeking donations	11,838	8,348
		-	-
		-	-
		-	-
	Total	11,838	8,348
Fundraising trading costs		-	-
		-	-
		-	-
		-	-
	Total	-	-
Investment management costs		-	-
		-	-
		-	-
	Total	-	-
Charitable activities	Grants	38,495	36,904
	Transportation	3,105	663
	Accommodation	473	-
	Sustenance	228	-
	Visas	-	-
	Other program costs	3,336	1,715
	Bank and other financial charges	199	196
	Office and administrative expenses	37,568	35,939
		-	-
		-	-
		-	-
	Total	83,404	75,416
Governance costs		-	-
		-	-
		-	-
	Total	-	-

Section C	Notes to the accounts	(cont)
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Note 5 Support Costs

Please complete this note if the charity has analysed its expenses using activity categories and has support costs.

Support cost type	Fundraising activity £	Charitable Activity £	Governance Activity £	Total Cost £
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
Total	-	-	-	-

Note 6 Details of certain items of expenditure

6.1 Trustee expenses

Please provide details of the amount of any payment or reimbursement of out-of-pocket expenses made to trustees or to third parties for expenses incurred by trustees. If no expenses were paid, please enter 'None' in the appropriate box(es).

Number of trustees who were paid expenses

Nature of the expenses

Total amount paid

This year	Last year
0	0
0	0

6.2 Fees for examination or audit of the accounts

Please provide details of the amount paid for any statutory external scrutiny of accounts and other services provided by your independent examiner or auditor. If nothing was paid please enter NONE in the appropriate box(es).

Independent examiner's or auditors' fees for reporting on the accounts

Other fees (for example: advice, consultancy, accountancy services) paid to the independent examiner or auditor

This year £	Last year £
450	390

Section C	Notes to the accounts	(cont)
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Note 7 **Paid employees**
Please complete this note if the charity has any employees.

7.1 Staff Costs

	This year £	Last year £
Gross wages, salaries and benefits in kind	45,890	41,319
Employer's National Insurance costs	-	-
Pension costs	171	57
Total staff costs	46,061	41,376

7.2 Average number of full-time equivalent employees in the year

	This year Number	Last year Number
The parts of the charity in which the employees work		
Part 1	1	1
Part 2	1	1
Part 3	-	-
Part 4	-	-
Total	2	2

7.3 Defined contribution pension scheme

Please complete if a defined contribution pension scheme is operated.

Brief details of the scheme

	This year £	Last year £
The costs of the scheme to the charity for the year		
The amount of any contributions outstanding at the year end		
The amount of any contributions prepaid at the year end		

Section C	Notes to the accounts	(cont)
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Note 8 Grantmaking

Please complete this note if the charity made any grants or donations which in aggregate form a material part of the charitable activities undertaken.

8.1 Total value of grants

Purpose for which grants made	Grants to institutions	Grants to individuals
	Total amount £	Total amount £
Unity in Health Nepal	38,495.00	-
	-	-
	-	-
	-	-
	-	-
	-	-
Total	38,495	-

8.1 Grantmaking costs

If the charity's accounts are prepared on the "activity basis" please give details of any support cost associated with grantmaking. Please enter "Nil" if the charity does not identify and/or allocate support costs.

Support costs of grantmaking

£

8.3 Grants made to institutions

If the charity has made grants to particular institutions that are material in the context of its grantmaking please give details of the institution supported, purpose of the grant and total paid to each institution listed. Sufficient information should be given to provide a reasonable understanding of the range of institutions supported.

Names of institutions	Purpose	Total amount of grants paid £
Unity in Health Nepal	UiH Nepal was created in order to enable JMH's activities in Nepal	38,495.00
		-
		-
		-
		-
		-
		-
		-
		-
		-
Total grants to institutions		38,495

Section C	Notes to the accounts	(cont)
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Note 9 **Tangible fixed assets**
Please complete this note if the charity has any tangible fixed assets

9.1 Cost or valuation

	Freehold land & buildings	Other land & buildings	Plant, machinery and motor vehicles	Fixtures, fittings and equipment	Payments on account and assets under construction	Total
	£	£	£	£	£	£
Balance brought forward	-	-	-	1,698	-	1,698
Additions	-	-	-	-	-	-
Revaluations	-	-	-	-	-	-
Disposals	-	-	-	-	-	-
Transfers *	-	-	-	-	-	-
Balance carried forward	-	-	-	1,698	-	1,698

9.2 Accumulated depreciation and impairment provisions

**Basis	SL or RB	SL or RB	SL or RB	SL or RB	SL or RB
** Rate					

Balance brought forward	-	-	-	1,698	-	1,698
Depreciation charge for year	-	-	-	-	-	-
Impairment provisions	-	-	-	-	-	-
Revaluations	-	-	-	-	-	-
Disposals	-	-	-	-	-	-
Transfers*	-	-	-	-	-	-
Balance carried forward	-	-	-	1,698	-	1,698

9.3 Net book value

Brought forward	-	-	-	-	-	-
Carried forward	-	-	-	-	-	-

9.4 Revaluation

If any fixed assets have been revalued please give details of the valuer and method of valuation

--

* The "transfers" row is for movements between fixed asset categories.

** Please indicate the method of depreciation by deleting the method not applicable (SL = straight line; RB = reducing balance). Also please indicate the rate of depreciation: for straight line, what is the anticipated life of the asset (in years); for reducing balance, what is the percentage annual deduction.

Section C	Notes to the accounts	(cont)
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Note 10 Investment assets

Please complete this note if the charity has any investment assets.

10.1 Fixed assets investments

	£
Carrying (market) value at beginning of year	-
Add: additions to investments at cost	-
Less: disposals at carrying value	-
Add/(deduct): net gain/(loss) on revaluation	-
Carrying (market) value at end of year	-

Please provide below:

10.2 A breakdown of the market values of investments shown above agreeing with the balance sheet row B03.

10.3 A breakdown of the income from investments agreeing with SOFA row S03.

Analysis of investments

	10.2 Market value at year end £	10.3 Income from investments for the year £
Investment properties	-	-
Investments listed on a recognised stock exchange or held in common investment funds, open ended investment companies, unit trusts or other collective investment schemes	-	-
Investments in subsidiary or connected undertakings and companies	-	-
Securities not listed on a recognised Stock Exchange	-	-
Cash held as part of the investment portfolio	-	-
Other investments	-	-
Total	-	-

10.4 Material investment holdings

If any single investment is material in terms of its value (for example represents more than 5 per cent of the value of the charity's total investments) please provide details.

Investment held	
Market Value	

Section C

Notes to the accounts

(cont)

Note 11 Debtors and prepayments*Please complete this note if the charity has any debtors or prepayments.***Analysis of debtors**

	Amounts falling due within one year		Amounts falling due after more than one year	
	This year £	Last year £	This year £	Last year £
Trade debtors	-	-	-	-
Amounts due from subsidiary and associated undertakings	-	-	-	-
Other debtors	-	-	-	-
Prepayments and accrued income	1,009.8	646.0	-	-
Total	1,009.8	646.0	-	-

Note 12 Creditors and accruals*Please complete this note if the charity has any creditors or accruals.***12.1 Analysis of creditors**

	Amounts falling due within one year		Amounts falling due after more than one year	
	This year £	Last year £	This year £	Last year £
Loans and overdrafts	-	-	-	-
Trade creditors	-	-	-	-
Amounts due to subsidiary and associated undertakings	-	-	-	-
Other creditors	-	-	-	-
Accruals and deferred income	450	390	-	-
Total	450	390	-	-

12.2 Security over assets*If any loan, overdraft or other creditor holds a charge or other security over any assets of the charity please provide details.*

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Note 13 Endowment and restricted income funds
Please complete this section if the charity has any endowment or restricted income funds.

13.1 Funds held

Please give a brief description of any of the following type of funds held by the charity:

- permanent endowment funds (PE);
- expendable endowment funds (EE); and
- restricted income funds, including special trusts, of the charity (R).

Fund Name	Type PE, EE or R	Purpose and Restrictions
Restricted	R	Used to fund specific projects or expenditures

13.2 Movements of major funds

Please give details of the movements of the major funds summarised in the restricted and endowment columns of the Statement of Financial Activities.

Fund names	Fund balances brought forward £	Incoming resources £	Outgoing resources £	Transfers £	Gains and losses £	Fund balances carried forward £
Restricted	43,206	63,141	- 90,618	-	-	15,729
	-	-	-	-	-	-
	-	-	-	-	-	-
	-	-	-	-	-	-
	-	-	-	-	-	-
	-	-	-	-	-	-
Total Funds	43,206	63,141	- 90,618	-	-	15,729

13.3 Transfers between funds

Please give details of any transfers between funds.

From Fund (Name)	To Fund (Name)	Reason	Amount

Note 14 Transactions with related parties

If the charity has any transactions with related parties (other than the trustee expenses explained in note 6) details of such transactions should be provided in this note. If there are no transactions to report, please enter "None" in the relevant boxes.

14.1 Remuneration and benefits

Please give the amount of, and legal authority for, any remuneration or other benefits paid to a trustee or other related parties by the charity or any institution or company connected with it.

Name of trustee or connected party	Legal authority (eg order, governing document)	Amounts paid or benefit value	
		This year £	Last year £
None			

14.2 Loans

Please give details of and amounts owing to or from the charity's trustees or other related parties by the charity at the year end.

	Name of trustee or connected party	Legal authority	Amount owing	
			This year £	Last year £
Due to trustees and related parties	None			
Due from trustees and related parties	None			

14.3 Other transaction(s) with trustees or related parties

Please give details of any transaction undertaken by (or on behalf of) the charity in which a trustee or related party has a material interest.

Name of the trustee or related party	Relationship to charity	Description of the transaction(s)	This year £	Last year £
None				

Section C**Notes to the accounts****(cont)****Note 15****Additional Disclosures**

The following are significant matters which are not covered in other notes and need to be included to provide a proper understanding of the accounts. If there is insufficient room here, please add a separate sheet.



Section A

Independent Examiner's Report

Report to the trustees/
members of

Jaya Mental Health

On accounts for the year
ended

31/12/2022

Charity no
(if any)

1159008

Set out on pages

Above

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31/12/2022**.

Responsibilities and
basis of report

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent
examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

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

Signed:

Date:

20/10/2023

Name:

Tomas Wilcox

Relevant professional
qualification(s) or body
(if any):

FCIE

Address:

Counterculture Partnership LLP

Unit 115 Ducie House, Ducie Street

Manchester, M1 2JW

Section B

Disclosure

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.