



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 01/01/2023 Period start date to 31/12/2023 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	In 2023, we saw a world dominated by increasingly intractable conflicts and armed

<p>purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.</p>	<p>violence amid a proliferation of actors, complex and overlapping motives, global influences and accelerating climate change. The level of violence and destruction in the Ukraine, the Palestine, Yemen, or Sudan, among other conflicts, reached concerning levels, with tremendous loss of human life. Politically, 2023 also re-enforced the idea that our global society is entering a new “world disorder” that is being shaped by two forces: the fragmentation of global power and the rise of global risks.</p> <p>The UK began 2023 on the brink of recession, and economic growth was timid and marked by ongoing high levels of inflation. Consequently, and throughout the year, UK-based NGOs saw a significant drop in donations and support, resulting in many having to close its doors.</p> <p>2023 also saw growing health and social inequalities, particularly in low- and middle-income countries. Communities residing in these parts of the world remained most vulnerable to natural disasters, social inequalities, and human rights abuse.</p> <p>Despite the massive challenges faced by our global society, 2023 also witnessed the growth of existing and new civic society movements fighting and advocating for a more just, equitable and equal world. Jaya Mental Health remained part of such movements, continuing its commitment to bring better mental health care to some of the world’s most deprived communities.</p> <p>In 2023, Jaya Mental Health’s programmes and projects continued to target three main beneficiary groups:</p> <ol 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.
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		<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> <ul style="list-style-type: none"> Continuing our specialist mental health care clinics in rural, mountainous areas across the Himalayan range (e.g. in Ilam, eastern Nepal, and Mustang, northern Nepal). Ensuring that nurses and other health and community workers engaged in capacity building and professional development opportunities with a focus on mental health care and leadership skills development. 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>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.
	Para 1.38	N/A

Policy on social investment including program related investment		
Contribution made by volunteers	Para 1.38	The trustees would like to acknowledge the invaluable contribution of its volunteers, notably Marjorie Gardner, Angelo Leo, Vera Capoulas, 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 2023, most of Jaya Mental Health's worked focused on continuing our overseas capacity building activities, our 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> <p>1) Free Walk-in Mental Health Clinics in the Himalayas</p> <p>Our Nepal-based team continued to run specialist walk-in mental health clinics in the region on a regular basis, reaching out to a growing number of local men, women and children directly affected by mental illness.</p> <p>As a way of reducing travelling costs and as part of our medium to long term capacity building strategy, we provided long-distance supervision and clinical guidance to local community workers (Health Assistants and Female Community Health Volunteers) using zoom and google meet– a central step to ensuring the long-term sustainability of rural-based mental health care interventions.</p> <p>2) Quality Rights Improvement Project, Mental Hospital Lagankhel, Nepal</p> <p>With the support of the Burdett Trust for Nursing, UK, in 2023 we launched a new partnership and project with Nepal's only state-run hospital fully dedicated to mental health.</p>

		<p>The Mental Hospital Lagankhel is Nepal's only state-run hospital fully dedicated to mental health care – a total of 50 beds for a population of over 30 million people. In addition to an infrastructure running in extremely poor conditions, and based on a needs assessment done by Jaya Mental Health in 2023, this unique service presents significant gaps in the provision of nursing care that compromise the safety, dignity and recovery of service users and their carers; this includes dangerously low levels of nursing staff; a workforce with no training in mental health care skills; poor leadership behaviours; no clinical governance framework in place; and a work culture undermining the protection and well-being of service users and staff alike. Nevertheless, the assessment also revealed a strong desire for change among the hospital's healthcare workforces.</p> <p>This is one of Jaya Mental Health's largest and most ambitious long-term partnerships. The main aims and objectives of this project include:</p> <ul style="list-style-type: none"> • To build a high-commitment work environment that supports the nursing workforce to develop their confidence as skilled professionals thereby improving the quality of mental health care to users of the hospital's services. • To develop nursing care practices and a clinical governance framework that promotes the human rights of people accessing inpatient and outpatient services; that protects the dignity, safety, recovery, and freedom of expression of service users and their carers. • To establish a knowledgeable mental health nursing workforce that can guide, supervise and work in close partnership with nurses working in other mental healthcare settings in Nepal. • To develop the "train the trainer" skills of the mental health nursing staff and their ability to work in partnership with other professional groups. <p>3) Nursing Mentorship Project</p> <p>We continued to deliver our Nursing Mentorship Project in Bhaktapur – the first of its kind in Nepal.</p>
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		<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>4) 'Aafnai Thau', My Safe Space – a platform led by nurses, for nurses.</p> <p>The Aafnai Thau, 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>In 2023 we saw an increasing number of nurses and other health professionals joining this project – one of the most successful and cost-effective initiatives run by our organisation.</p> <p>5) Bradford District Care NHS Trust (BDCT), Yorkshire, UK</p> <p>In 2023 we formalised our working relationship with BDCT, one of the largest NHS mental health care providers in the north of England. As part of our health care staff exchange programme, BDCT and Jaya Mental Health have agreed to build a skills-learning platform for staff from both the NHS Trust and our hospital partners in South Asia. This includes facilitating online exchange workshops and mutual visits to the UK and to South Asia by staff wishing to engage in capacity building activities on both sides of the world.</p>
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Additional information (optional)

You may choose to include further statements where relevant about:

	Para 1.41	Despite ongoing challenges in gathering financial support for most of our activities and projects, in 2023 we were able to once
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Achievements against objectives set		<p>again proof that we can do a lot and reach out to hundreds of people in need, with very little.</p> <p>We were also particularly excited with our new partnership with Bradford District Care, and their enthusiasm in engaging in a long-term co-learning exchange programme with Jaya Mental Health and some of our South Asian health partners.</p> <p>This partnership re-enforces Jaya Mental Health's commitment to invest in projects based on multilateral rather than unilateral learning, and in approaches that foster more balanced and equal international working relationships.</p>
Performance of fundraising activities against objectives set	Para 1.41	<p>As for the past three years, in 2023 Jaya Mental Health and the international NGOs sector saw little improvements in the availability of significant fundraising opportunities.</p> <p>Fundraising has become one of Jaya Mental Health's biggest challenges. This has been one of the most frustrating and hardest obstacles to overcome.</p> <p>Euromonitor International, the Burdett Trust for Nursing and THET remained our largest donor agencies.</p>
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 2023, Jaya Mental Health received the 2nd of 3 annual grants from Euromonitor International (£50,000, received on 10th Feb 2023).</p> <p>Equally and in support of the Mental Hospital Lagankhel Quality Improvement Project, Jaya Mental Health was awarded a grant by the Burdett Trust (£50,000, received on 20th April 2023).</p> <p>Most of all other donations were considerably smaller and made by individual donors, including those made throughout Jaya Mental Health's December Christmas appeal.</p>
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		Consequently, in 2023 Jaya Mental Health remained in a fragile financial position, relying almost exclusively on the donations of a very small number of major donors.
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	£52,134
Reasons for holding zero reserves	Para 1.22	Although reserves are not zero, they are at very low levels. This is explained by the extreme difficulties the organisation has been having to attract new major donors and ensure it's long-term financial sustainability.
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	As a small and relatively young charity working in a very specific clinical area, Jaya Mental Health is highly vulnerable to national and international financial and social instability. Competition amongst NGOs is fierce. Jaya Mental Health's strength lies in the quality and honesty of its work. This remains our strongest trait, key to attract new donors in the future.

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 2023 include:</p>
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		. £50,000 (The Burdett Trust for Nursing, April 2023)
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. Once again and as the previous 12 months, 2023 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.</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 other bodies as the current crisis progresses.</p>
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	<p>Every new trustee receives an induction pack comprised of:</p> <ul style="list-style-type: none"> •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	<p>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> <p>A Memorandum of Understanding is in place between Jaya Mental Health and UiHN.</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	Cedric Torossian			Board of Trustees
7	Prakash Thapa			Board of Trustees
8	Marcia Brophy			Board of Trustees
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)

João Marçal-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)	<i>jo james</i>	<i>Bruno Lafleur</i>
Full name(s)	Joanna James	Bruno Lafleur
Position (eg Secretary, Chair, etc)	Trustee	Trustee

Date *14/05/2024*



JAYA MENTAL HEALTH				Charity No (if any)	1159008	CC17a
Annual accounts for the period						
Period start date	01-Jan-23	To	Period end date	31-Dec-23		

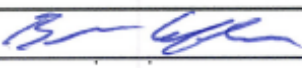

Section A Statement of financial activities

Recommended categories by activity	Details of own analysis	Note	Restricted			Total this year £	Total last year £
			Unrestricted funds £	income funds £	Endowment funds £		
			F01	F02	F03	F04	F05
Incoming resources (Note 3)							
Incoming resources from generated funds			16,607	100,583	-	117,190	66,190
Voluntary income		S01	-	-	-	-	-
Activities for generating funds		S02	-	-	-	-	-
Investment income		S03	249	-	-	249	37
Incoming resources from charitable activities		S04	-	-	-	-	-
Other incoming resources		S05	-	-	-	-	-
Total incoming resources		S06	16,856	100,583	-	117,439	66,227
Resources expended (Notes 4-8)							
Costs of Generating Funds			294	13,409	-	13,703	11,838
Costs of generating voluntary income		S07	-	-	-	-	-
Fundraising trading costs		S08	-	-	-	-	-
Investment management costs		S09	-	-	-	-	-
Charitable activities		S10	12,709	63,275	-	75,984	83,404
Governance costs		S11	-	-	-	-	-
Other resources expended		S12	-	-	-	-	-
Total resources expended		S13	13,003	76,684	-	89,687	95,242
Net incoming/(outgoing) resources before transfers		S14	3,853	23,899	-	27,752	- 29,015
Gross transfers between funds		S15	-	-	-	-	-
Net incoming/(outgoing) resources before other recognised gains/(losses)		S16	3,853	23,899	-	27,752	- 29,015
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	3,853	23,899	-	27,752	- 29,015
Total funds brought forward		S20	8,653	15,729	-	24,382	53,397
Total funds carried forward		S21	12,506	39,628	-	52,134	24,382

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	-	269	-	269	1,010
(Short term) investments		B07	-	-	-	-	-
Cash at bank and in hand		B08	11,809	39,359	-	51,168	21,926
Total current assets		B09	13,706	39,628	-	53,334	24,832
Creditors: amounts falling due within one year							
	(Note 12)	B10	1,200	-	-	1,200	450
Net current assets/(liabilities)		B11	12,506	39,628	-	52,134	24,382
Total assets less current liabilities							
		B12	12,506	39,628	-	52,134	24,382
Creditors: amounts falling due after one year							
	(Note 12)	B13	-	-	-	-	-
Provisions for liabilities and charges							
		B14	-	-	-	-	-
Net assets		B15	12,506	39,628	-	52,134	24,382
Funds of the Charity							
Unrestricted funds		B16	12,506			12,506	8,653
		B17	-			-	-
Restricted income funds (Note 13)		B18		39,628		39,628	15,729
Endowment funds (Note 13)		B19			-	-	-
Total funds		B20	12,506	39,628	-	52,134	24,382

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

Signature	Print Name	Date of approval
	BRUNO LAFCEVA	14/05/2024
	Joanna James	14/05/24

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*

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 Accounting Standards;
- or

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

[** except for the following].

Give details in this box if a different standard has been followed.

* -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)”.

** - If no departures from the chosen standards have been made then delete these words; otherwise give details of any changes in the boxes.

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 (§ except for the following).

Give details in this box of any material changes that have been made.

§ if no changes have been made to accounting policies then delete these words.

1.3 Changes to previous accounts

No changes have been made to accounts for previous years (§§ except for the following).

Give details in this box of any material changes that have been made.

§§ if no changes have been made to accounts for previous periods then delete these words.

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

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

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	117,190	66,190
		-	-
		-	-
		-	-
		-	-
	Total	117,190	66,190
Activities for generating funds		-	-
		-	-
		-	-
		-	-
		-	-
	Total	-	-
Investment income	Other	249	37
		-	-
		-	-
		-	-
		-	-
	Total	249	37
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	Incurring seeking donations	13,703	11,838
		-	-
		-	-
		-	-
	Total	13,703	11,838
Fundraising trading costs		-	-
		-	-
		-	-
		-	-
	Total	-	-
Investment management costs		-	-
		-	-
	Total	-	-
Charitable activities	Grants	30,105	38,495
	Transportation	4,112	3,105
	Accommodation	375	473
	Sustenance	1,060	228
	Visas	80	-
	Other program costs	3,361	3,336
	Bank and other financial charges	160	199
	Office and administrative expenses	36,731	37,568
		-	-
	Total	75,984	83,404
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
£	£

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 £
1,200	450

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	46,700	45,890
Employer's National Insurance costs	-	-
Pension costs	209	171
Total staff costs	46,909	46,061

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		
Fundraising	1	1
Charitable Activities	1	1
Governance	-	-
Other	-	-
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 Total amount £	Grants to individuals Total amount £
Unity in Health Nepal	30,105	-
	-	-
	-	-
	-	-
	-	-
	-	-
Total	30,105	-

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	30,105
		-
		-
		-
		-
		-
		-
		-
		-
		-
		-
Total grants to institutions		30,105

Section C**Notes to the accounts****(cont)****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**

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* 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)****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	269	-	-	-
Prepayments and accrued income	-	1,010	-	-
Total	269	1,010	-	-

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	1,200	450	-	-
Total	1,200	450	-	-

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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Section C	Notes to the accounts	(cont)
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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	15,729	100,583	- 76,684	-	-	39,628
	-	-	-	-	-	-
	-	-	-	-	-	-
	-	-	-	-	-	-
	-	-	-	-	-	-
	-	-	-	-	-	-
Total Funds	15,729	100,583	- 76,684	-	-	39,628

13.3 Transfers between funds

Please give details of any transfers between funds.

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

Section C	Notes to the accounts	(cont)
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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 £

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 £

Note 15	Additional Disclosures
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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

Charity Name
Jaya Mental Health

On accounts for the year
ended

31 December 2023

Charity no
(if any)

1159008

Set out on pages

Above

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended DD / MM / YYYY.

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 (other than that disclosed below *) 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.

* Please delete the words in the brackets if they do not apply.

Signed:

Date:

22/05/2024

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

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.