



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 01/01/2024 Period start date to 31/12/2024 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	2024 was a huge year for geopolitical change and risk. National elections

<p>purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.</p>	<p>occurred in over 60 countries plus the EU, representing close to half the global population. Many of these elections will prove consequential for years to come. In parallel, wars remained unresolved, including the invasion of the Ukraine by Russia, the brutal destruction of the Palestine, and the less spoken but equally devastating conflicts in Sudan, Yemen, and Syria, with thousands of innocent people losing their lives.</p> <p>The world came together for the Paris Olympics, a rare moment of global unity. However, like in the previous year, 2024 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. The ripples from the US election results on security, the economy and democracy were and will continue to be felt across the world.</p> <p>In 2024, political and social indifference to poverty, environmental damage and disease also became more obvious than ever before. International aid, like science & research or the arts, became the target of a new, ruthless political elite that seems to be under the command of technocrats that claim to embrace enlightenment values, but in fact are leading an antidemocratic, illiberal movement.</p> <p>Despite the massive challenges faced by our global society, throughout the past year Jaya Mental Health remained committed to challenging such forces and to bringing better mental health care to some of the world’s most deprived communities.</p> <p>In 2024, Jaya Mental Health’s programmes and projects continued to target three main beneficiary groups:</p> <ul style="list-style-type: none"> • 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, particularly in Nepal. • West-based trained health care staff wishing to exchange skills and resources with their counterparts living and working in countries
---	--

		<p>where Jaya Mental Health develops its activities.</p> <ul style="list-style-type: none"> • 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> <ul style="list-style-type: none"> • Continuing our specialist mental health care clinics in rural, mountainous areas across the Himalayan range. • Ensuring that nurses, health assistants, female community health volunteers 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 on offer to people living in low- and middle-income countries. <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	
	Para 1.38	Our Grant-Making Policy sets out the principles, criteria and processes that

Policy on grant making		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
Contribution made by volunteers	Para 1.38	The trustees would like to acknowledge the invaluable contribution of its volunteers, notably Shubhashree Shrestha, Anshu Bhandari, Akina Singh, Sanskriti KhatriMarjorie 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 2024, Jaya Mental Health's work continued to focus on improving access to quality mental health care for communities that traditionally are excluded from safe and evidence-based health and social care provision.</p> <p>Some of the main activities continued and launched in 2024 included:</p> <ol style="list-style-type: none"> 1) Free Walk-in Mental Health Clinics in the Himalayas <p>As in previous years and following Jaya Mental Health's model of community mental health care, our team continued to run periodical specialist walk-in mental health clinics in the region, reaching out to a growing number of local men, women and children directly affected by mental illness. In addition, we provided training and supervision to local health and social care workers, including health assistants and female community volunteers, who will ensure the long-term sustainability of such rural-based mental health care interventions.</p> <ol style="list-style-type: none"> 2) Quality Rights Improvement Project, Mental Hospital Lagankhel, Nepal

		<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>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, • 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>In 2024 we facilitated the WHO Quality Rights and Specialised Training to all of the hospital's clinical and non-clinical staff, integrating a human-rights based care approach to all services on offer at this unique mental health care institution.</p> <p>3) Nursing Mentorship Project</p>
--	--	--

		<p>In 2024, we completed our Nursing Mentorship Project in Bhaktapur – the first of its kind in Nepal – and introduced the concept of mentorship and compassionate leadership in clinical care to other health care providers (i.e. The Mental Health Hospital Lagankhel, Nepal).</p> <p>The main aims and objectives of this two-year nursing-led project included 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 2024, new nurses and other health professionals continued to join this platform and to access psychosocial support offered by Jaya Mental Health (on a free of charge basis).</p> <p>5) Bradford District Care NHS Trust (BDCT), Yorkshire, UK</p> <p>In 2024, Jaya Mental Health’s Nepal-based staff including Luvana Shrestha (Country Director) and Sailesh Bhandari (Head of Nursing Training) completed a two-week placement at BDCT’s premises - one of the largest NHS mental health care providers in the north of England.</p> <p>As part of our health care staff exchange programme, BDCT and Jaya Mental Health</p>
--	--	---

		<p>have agreed to continue 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> <p>6) Exhibition - Transforming Mental Health on the Rooftop of the World".</p> <p>In June 2024, Jaya Mental Health showcased the impact of its mental health projects via an Exhibition entitled "Transforming Mental Health on the Rooftop of the World" at members club The Conduit, London. This was an opportunity to exhibit photographs and testimonials from those who we work with on the impact of Jaya's projects in the region, as well as our plans for the future. A unique way to showcase our work, gather new supporters and generate greater interest in mental health care in an international development context.</p>
--	--	--

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	<p>Despite inevitable pressures resulting from ongoing challenges in gathering financial support, 2024 revealed that Jaya Mental Health remains a resilient and adaptable organisation, able to generate sustainable, long-term impact in mental health care provision.</p> <p>Together with our partners, we were able to maintain our objectives and continue our main ongoing projects without compromising the quality and end result of what we do.</p>
Performance of fundraising activities against objectives set	Para 1.41	<p>Fundraising remained one of Jaya Mental Health's biggest challenges throughout 2024.</p> <p>At the end of the year, we lost the support of Euromonitor – one of our main donors – as the company is struggling financially and has stopped its Corporate Social Responsibility programme. This was a major blow to our fundraising strategy.</p> <p>Despite this loss, we were able to secure new funding from other corporates including Braze, and maintain the support from the Burdett Trust for Nursing.</p>
	Para 1.41	N/A

Investment performance against objectives		
Other		N/A

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	<p>In January 2024, Jaya Mental Health received the 3rd of 3 annual grants from Euromonitor International (£50,000, received on 13th Feb 2024); Prior to terminating its contract with Jaya Mental Health, Euromonitor donated a further £25,000 grant to the organisation in May (14th May 2024).</p> <p>In October 2024, Jaya Metal Health received £15,983.06 from Braze/The Tides Foundation.</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> <p>In 2024 Jaya Mental Health remained in a fragile financial position, relying almost exclusively on the donations of a very small number of major donors.</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	£78,667

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	Jaya Mental Health's current funding level is inadequate and a major concern to the financial sustainability of the organisation in the medium to long run. The cost-of-living crisis coupled with signs of economic recession is creating an extremely difficult fundraising environment for charities. Donors face rising bills and falling real incomes, constraining their ability to give at prior levels. Also, with so many worthy causes competing for limited funds, in 2024 Jaya Mental Health worked harder to retain existing donors while attracting new supporters. This required nurturing strong connections and trust. We continue to monitor our financial position on an ongoing basis and adjust our expenditures accordingly. Jaya Mental Health has no outstanding liabilities other than its working capital requirements.

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	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). Other examples of successful fundraising activities in 2024 include: . £15,983.06 (Braze/The Tides Foundation, October 2024).
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	Small sized CIOs such as Jaya Mental Health remain significantly exposed to the drastic deterioration of the world's social and economic environment. The charitable sector remains at risk of continuing to lose significant funding due to

		<p>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	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

		<p>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		01/01/2024 TO 01/06/2024	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


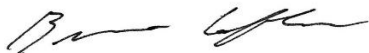
Other optional information

--

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	20/05/2025	



JAYA MENTAL HEALTH			Charity No (if any)	1159008	CC17a
Annual accounts for the period					
Period start date	01-Jan-24	To	Period end date	31-Dec-24	

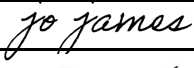
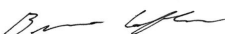
Section A Statement of financial activities

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			39,827	82,576	-	122,403	117,190
Voluntary income		S01	-	-	-	-	-
Activities for generating funds		S02	-	-	-	-	-
Investment income		S03	112	-	-	112	249
Incoming resources from charitable activities			-	-	-	-	-
Other incoming resources		S05	-	-	-	-	-
Total incoming resources		S06	39,940	82,576	-	122,516	117,439
Resources expended (Notes 4-8)							
Costs of Generating Funds			374	14,799	-	15,173	13,703
Costs of generating voluntary income		S07	-	-	-	-	-
Fundraising trading costs		S08	-	-	-	-	-
Investment management costs		S09	-	-	-	-	-
Charitable activities		S10	27,215	53,594	-	80,809	75,984
Governance costs		S11	-	-	-	-	-
Other resources expended		S12	-	-	-	-	-
Total resources expended		S13	27,589	68,394	-	95,983	89,687
Net incoming/(outgoing) resources before transfers		S14	12,351	14,182	-	26,533	27,752
Gross transfers between funds		S15	-	-	-	-	-
Net incoming/(outgoing) resources before other recognised gains/(losses)		S16	12,351	14,182	-	26,533	27,752
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	12,351	14,182	-	26,533	27,752
Total funds brought forward		S20	12,506	39,628	-	52,134	24,382
Total funds carried forward		S21	24,856	53,811	-	78,667	52,134

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	-	483	-	483	269
(Short term) investments	B07	-	-	-	-	-
Cash at bank and in hand	B08	24,220	53,327	-	77,546	51,168
Total current assets	B09	26,116	53,811	-	79,927	53,334
Creditors: amounts falling due within one year (Note 12)	B10	1,260	-	-	1,260	1,200
Net current assets/(liabilities)	B11	24,856	53,811	-	78,667	52,134
Total assets less current liabilities	B12	24,856	53,811	-	78,667	52,134
Creditors: amounts falling due after one year (Note 12)	B13	-	-	-	-	-
Provisions for liabilities and charges	B14	-	-	-	-	-
Net assets	B15	24,856	53,811	-	78,667	52,134
Funds of the Charity						
Unrestricted funds	B16	24,856			24,856	12,506
	B17	-			-	-
Restricted income funds (Note 13)	B18		53,811		53,811	39,628
Endowment funds (Note 13)	B19			-	-	-
Total funds	B20	24,856	53,811	-	78,667	52,134

Signed by one or two trustees on behalf of [all](#) the trustees

Signature	Print Name	Date of approval
	joanna james	20/05/25
	Bruno Lafleur	20/05/2025

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.

[** 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.

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**

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

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	122,403	117,190
		-	-
		-	-
		-	-
	Total	122,403	117,190
Activities for generating funds		-	-
		-	-
		-	-
		-	-
	Total	-	-
Investment income	Other	112	249
		-	-
		-	-
		-	-
	Total	112	249
Incoming resources from charitable activities		-	-
		-	-
		-	-
		-	-
	Total	-	-

Section C**Notes to the accounts****(cont)****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	15,173	13,703
		-	-
		-	-
		-	-
	Total	15,173	13,703
Fundraising trading costs		-	-
		-	-
		-	-
		-	-
	Total	-	-
Investment management costs		-	-
		-	-
	Total	-	-
Charitable activities	Grants	36,025	30,105
	Transportation	3,002	4,112
	Accommodation	69	375
	Sustenance	1,208	1,060
	Visas	-	80
	Other program costs	3,336	3,361
	Bank and other financial charges	178	160
	Office and administrative expenses	36,992	36,731
		-	-
	Total	80,809	75,984
Governance costs		-	-
		-	-
	Total	-	-

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

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 £
1,260	1200

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

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	48,050	46,700
Employer's National Insurance costs	60	-
Pension costs	249	209
Total staff costs	48,359	46,909

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)
------------------	------------------------------	---------------

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	36,025	-
	-	-
	-	-
	-	-
	-	-
	-	-
Total	36,025	-

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	36,025
		-
		-
		-
		-
		-
		-
		-
		-
		-
Total grants to institutions		36,025

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.

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

Trade debtors

Amounts due from subsidiary and associated undertakings

Other debtors

Prepayments and accrued income

Total

Amounts falling due within one year		Amounts falling due after more than one year	
This year £	Last year £	This year £	Last year £
-	-	-	-
-	-	-	-
483	269	-	-
-	-	-	-
483	269	-	-

Note 12 Creditors and accruals

Please complete this note if the charity has any creditors or accruals.

12.1 Analysis of creditors

Loans and overdrafts

Trade creditors

Amounts due to subsidiary and associated undertakings

Other creditors

Accruals and deferred income

Total

Amounts falling due within one year		Amounts falling due after more than one year	
This year £	Last year £	This year £	Last year £
-	-	-	-
-	-	-	-
-	-	-	-
-	-	-	-
1,260	1,200	-	-
1,260	1,200	-	-

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.

--

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

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	39,628	82,576	(68,393.55)	-	-	53,811
	-	-	-	-	-	-
	-	-	-	-	-	-
	-	-	-	-	-	-
	-	-	-	-	-	-
	-	-	-	-	-	-
Total Funds	39,628	82,576	(68,393.55)	-	-	53,811

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 £

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
----------------	-------------------------------

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

31st December 2024

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 December 2024**

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.

Signed:

Tomas Wilcox

Date:

20/05/2025

Name:

Tomas Wilcox

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

FCIE

Address:

Counterculture Partnership LLP

Bank Chambers, Main Street

Hawes, North Yorkshire, DL8 3QL

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.