

MONEY AND
MENTAL HEALTH
POLICY INSTITUTE

**REPORT OF THE TRUSTEES AND
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2023
FOR
MONEY AND MENTAL HEALTH POLICY INSTITUTE**

REGISTERED CHARITY NUMBER: 1166493

MHA
Statutory Auditor
Elfed House
Oak Tree Court
Cardiff Gate Business Park
CARDIFF
County of Cardiff
CF23 8RS

MONEY AND MENTAL HEALTH POLICY INSTITUTE

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FOR THE YEAR ENDED 31 DECEMBER 2023**

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MONEY AND MENTAL HEALTH POLICY INSTITUTE

ENTITY INFORMATION FOR THE YEAR ENDED 31 DECEMBER 2023

Chair	M Lewis
Vice-Chair	J Hill
Treasurer	C Pearson
Trustees	Z Clements C Francis P Nash C Pond G Roy S Ryatt
Address	22 Kingsway London WC2B 6LE
Charity Number	1166493
Auditors	MHA Elfed House Oak Tree Court Cardiff Gate Business Park Cardiff CF23 8RS
Bankers	Unity Trust Bank Limited Four Brindley Place Birmingham B1 2JB United Trust Bank Limited 1 Ropemaker Street London EC2Y 9AW Virgin Money Plc Jubilee House Gosforth Newcastle upon Tyne NE3 4PL Insignis Cash Solutions St John's Innovation Centre Cowley Road CB4 0WS

Martin Lewis: Money and Mental Health is a do tank not a think tank, it's all about real world impact.

The toxic relationship between money issues and mental health problems has long been a passion of mine to break. Yet the path isn't linear and the incredible results Money and Mental Health has achieved do not take place in a vacuum... I set up the charity in 2016 – since then the pandemic and the cost of living crisis have made it feel like we're walking into a headwind. The joy is that progress has still been made, and had Money and Mental Health not been around, I think things would be far worse.

We've enabled changes to the benefits system, tackled gambling harms, ensured breathing space respite for people in mental health crisis, and got change to out-of-date rules that forced lenders to send threatening debt letters. There is much more to do, but as we look back on 2023, I'm pleased to reflect on how the charity has continued to build a windbreak for some of those struggling the most. The small team has changed the work of the government, powerful regulators and global firms. Money and Mental Health's 2023 impact highlights include:

- **Suicide prevention.** The Department of Health and Social Care's new suicide prevention strategy for the first time committed the health and benefits system to tackling the link between financial difficulty and suicide. For example, this means that staff in services like the NHS and Department for Work and Pensions will be trained up to offer tailored suicide prevention support to people experiencing financial difficulties. This is largely down to Money and Mental Health research on the link between financial difficulty and suicide, which is cited prominently in the strategy.
- **New rules and regulations for essential service providers.** On the back of our recommendations, water regulator Ofwat has put in place rules for water companies about how they treat vulnerable customers, ensuring it is easier to contact them, and the right support is in place for those in difficult circumstances or who are struggling to pay – with fines for lack of compliance. We made similar calls to Ofgem on energy, many of which are now in place. And Ofcom has laid out new expectations for telecoms firms about how they must contact customers, before any debt collection activity.
- **Fighting to end unfair mental health insurance charges.** We called on the FCA to gather information from insurance firms about pricing of pre-existing medical conditions, focused on mental health, and to monitor outcomes and are hopeful this will be enacted and be a seed for future change. Plus in response to our campaigning, the Association of British insurers committed further funding to provide mental health training to 5,000 frontline insurance professionals. The training will boost their understanding of common mental health problems and how they affect people practically, to make sure customers with mental health problems get a service that meets their needs.
- **Helping mental health professionals understand financial problems.** We co-developed a toolkit with the Money and Pensions Service (the government body responsible for money and debt advice) for all UK mental health and social care professionals to enable them to better tackle financial problems for people with severe mental illness and to prevent suicide. We know from our research what an enormous difference it can make when mental health professionals understand money problems and are able to help.
- **Third party Universal Credit help.** The Department for Work and Pensions finally agreed with our call that it must be made much easier for people claiming Universal Credit to get help from others to manage their benefits. In its disability white paper, it committed to exploring ways to further support people who rely on third parties and carers to manage their Universal Credit, including looking at how people can give permission to others to act on their behalf. We'll be keeping their feet to the fire on this in the coming months.
- **Reducing gambling harms.** The Department for Culture, Media and Sport's gambling white paper included a number of Money and Mental Health recommendations - from putting limits on online gambling stakes to strengthening the gambling card controls that we have worked with financial firms on since 2017. We're closely monitoring the government's current consultation on these changes.
- **Helping major firms improve how they work with customers who have Mental Health problems.** Through our Mental Health Accessible programme, we've delved behind the scenes at HSBC UK, Lloyds, Ovo, Nationwide and Gemserv to analyse and then recommend how they can make services more accessible for people living with a mental health problem. That includes offering more channels to contact specialist teams, providing front line staff with training to better support people with mental health problems, and improving tools such as gambling blocks to help people manage their finances.
- **Online Safety.** A great outcome from the scams campaign coalition we helped convene, with new protections against online scams, especially adverts (often featuring yours truly) becoming law. Plus in our online safety research, we asked the Competitions and Markets Authority to investigate online selling practices like pressure selling tactics and fake discount offers. It subsequently launched investigation work looking at online choice architecture including the issues we raised.

MONEY AND MENTAL HEALTH POLICY INSTITUTE

CHAIR'S ANNUAL REPORT FOR THE YEAR ENDED 31 DECEMBER 2023

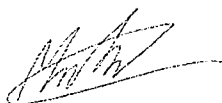
I very much enjoyed writing that list, and huge thanks to Money and Mental health's staff for all the work, passion, expertise, and commitment they put in to let us punch way above our weight. This year I want to say a particular thanks to Conor D'Arcy, who has done a superb job of leading the charity as Interim Chief Executive while Helen Undy has been on maternity leave.

There are many others who've contributed hugely to the charity's success too. When I first launched Money and Mental Health an initial brief was that working collaboratively with other people and organisations needed to be at its core. This is especially necessary for a charity that sits in the middle of the Venn diagram of two important research areas — money and mental health — with impressive bodies of work, and charities looking into them.

At the heart of all is our Research Community — our group of nearly 5,000 'experts by experience' whose ideas and stories shape what we do. I've said it before, but it bears repeating, I've been bowled over by our members' generosity in sharing their thoughts on what needs to change and using their experiences to help others — we, and society, owe them a huge debt of gratitude.

I want to thank too the partners, collaborators and fellow campaigners across the charity, essential services and policy sectors who support our work. All this is meatily supported by my talented fellow Trustees, whose wisdom and insight has been critical in guiding the charity through the past year and beyond.

The start of 2024 has brought a few rare glimmers of hope, even if it's only that the speed of degradation due to the cost of living crisis has declined. Yet huge swathes of the country are still struggling with their financial and mental wellbeing, and many more are at risk of falling into this cycle. So in this election year, we will be redoubling our efforts to end the marriage made in hell that money and mental health problems can be, and ensure attention is focused on it.



Martin Lewis
Founder and Chair, Money and Mental Health Policy Institute

MONEY AND MENTAL HEALTH POLICY INSTITUTE

CHIEF EXECUTIVE OFFICER'S REPORT FOR THE YEAR ENDED 31 DECEMBER 2023

Why we're here and what we do

This report takes a snapshot of our work from 2023, our eighth year in existence as a charity. It was a particularly difficult year for many people, with our research finding that 5.2 million people had missed repayments on debts like loans and credit cards. That was 1.5 million more people than at the end of 2022, despite the pace of inflation having eased since then. But while 2023 has brought particular challenges, the problems are far from new - and this year's Impact builds on a wider legacy of work from our fantastic team as they strive to deliver our three ambitious Impact goals:

1. Fewer people are disadvantaged as a result of their mental health or experience psychological harm when choosing, using or paying for essential services
2. Fewer people have poor living standards as a result of mental health problems
3. Support services become more effective at helping people who have both money and mental health problems.

To reach these goals we:

- **Research the links between mental health problems and financial difficulties**, drawing on the lived experience of our Research Community, a group of nearly 5,000 people with personal experience of mental health problems, academic literature, national datasets and a range of other evidence. The Research Community is at the heart of all of our work and we are enormously grateful for their input over the last year.
- **Develop practical policy and solutions**, working in partnership with those providing services, those who shape and regulate them, and those using them, to pursue what really works.
- **Campaign, collaborate, test and innovate until our research leads to real change**. In 2023, we campaigned, collaborated with policy-makers and regulators and, through our hands-on Mental Health Accessible programme, helped firms to improve outcomes for their customers with mental health problems.

We're also committed to having a positive impact not just through the work we do, but also how we do it. For example:

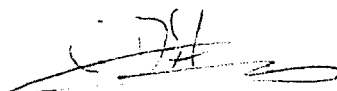
- Our people and our outputs are all grounded in direct experience of mental health problems. Nearly eight in ten of our advisory board and our trustees, and almost nine in ten of our staff team, have lived experience of mental health problems'. All our events include at least one speaker who has personally experienced mental health problems and financial difficulty.
- In our most recent staff survey, 100% of respondents agreed that Money and Mental Health has a supportive team culture, that employees are treated with respect and that they had opportunities to learn and grow in the last year.
- We have a six-monthly Internship programme paid at the London Living Wage and were delighted to have two A Level students join us for our work experience programme to help more people have a route into the charity sector.

But we also know there's much more that we can do. For us to be as effective as possible in achieving our vision, what we do at Money and Mental Health has to have equity at its core and be delivered by a team who feel that they belong in our organisation, whatever their background.

With support from external experts we're undertaking a charity-wide assessment of where we are today. We want to celebrate what we're doing well but be honest about where we can do better. That applies to how we recruit and develop staff members, how we work with our Research Community, the topics we cover and the ways we pursue change.

It also includes our thinking as we look to the future. In 2024 we will be asking some big questions about 'what's next' as we develop our ambitious new strategy for the charity. We know that to make the difference that is needed we will need to work together, so we'd love to hear from you as we go on that journey.

Helen Undy, Chief Executive
Conor D'Arcy, Interim Chief Executive (maternity cover)



MONEY AND MENTAL HEALTH POLICY INSTITUTE

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2023

The trustees are pleased to present the annual report and financial statements of the Money and Mental Health Policy Institute ("Money and Mental Health" or the "Institute" or the "Charity") for the year ended 31 December 2023.

The trustees confirm that the annual report and the financial statements of the Institute comply with current statutory requirements, the requirements of the Institute's constitution and the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" effective 1 January 2019 (FRS 102).

The Institute is a Charitable Incorporated Organisation (charity registration no 1166493, registered on 12 April 2016).

OBJECTIVES AND ACTIVITIES

In setting objectives and planning for activities, the trustees confirm that they have complied with the duty in section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission.

The objects of the Charity are:

- (1) to advance understanding of mental health, financial difficulties and capability and the relationship between the two;
- (2) to improve the lives of people with mental health problems, particularly in relation to their financial experiences, and
- (3) to promote the preservation of good mental health, with a particular focus on the impact of people's financial experiences,

including by carrying out research, facilitating discussion, designing and testing new approaches and disseminating the useful results of these endeavours.

In order to fulfil these objects, the Charity currently carries out the following activities:

- (1) policy, research and influencing work
- (2) hands-on consultancy work to deliver practical changes that improve outcomes in essential services for people with mental health problems - through our Mental Health Accessible programme
- (3) our new Gambling Commission work programme, combining lived experience, research, policy work and hands-on consultancy to help financial service providers to reduce the risk of gambling harms

ACHIEVEMENTS AND PERFORMANCE

Our work in 2023 - Policy, research and influencing

Strengthening regulation

2023 was another year in which we engaged extensively with regulators of essential services, to help them better understand and act upon the needs of people with mental health problems. We were pleased to see our work influence action taken by a number of regulators and government bodies this year:

- Ofwat, the water regulator, has introduced new rules for water companies, raising standards for how they treat customers. Our research highlighting the poor experiences of customers with mental health problems was prominently cited in Ofwat's work. Water companies will now have to make it easier for people to get in touch and ensure that support is available if you're struggling to pay. Companies can be fined up to 10% of their turnover if they don't comply, and we're optimistic this will lead to improved outcomes.
- We called on Ofgem, the energy regulator, to introduce new rules to protect customers in vulnerable circumstances. In response, Ofgem now requires energy firms to follow specific steps before putting a customer onto a prepayment meter, to make sure it won't have a detrimental impact on them. Customers who've missed bills will now receive proactive communications from their companies about the support that is available.
- Ofcom has laid out new expectations for telecoms firms about how they must contact customers, before any debt collection activity. This came in direct response to engagement we had with officials at Ofcom following our report on the Equality Act in 2022.
- An updated government toolkit, setting out how public sector bodies recovering debt should support customers, now features extracts from the set of guides on disclosure we published alongside Money Advice Trust.

Making insurance work better for people with mental health problems

Our 'Written Off?' report examined the difficulties people with mental health problems face when navigating the insurance market. The work, which was supported by a grant from the Which? Fund, funded by the Consumers' Association, found that people with mental health problems are still facing significantly higher insurance premiums, reduced cover or are being refused cover altogether - sometimes even when their conditions are stable and manageable. It raised concerns that some firms could be discriminating against people with mental health problems by failing to base their decisions on accurate data. We called on the Financial Conduct Authority (FCA) to investigate whether insurance firms are making fair decisions. We're hopeful this will happen in 2024 to deepen understanding and ultimately deliver better outcomes for people with mental health problems.

The report helped to kickstart a conversation about these issues in the insurance sector. We followed the launch of the research by publishing a best practice guide for insurance providers, offering practical steps they can take to support people with mental health problems through the customer journey - from applying through to making a claim. Off the back of that, the Association of British Insurers (ABI) committed further funding to provide mental health training to 5,000 frontline insurance professionals. The training will boost their understanding of common mental health problems and how they affect people practically, to make sure customers with mental health problems get a service that meets their needs. The ABI also committed to reviewing the information on its website to better explain why and how data about mental health conditions are used across the industry.

Boosting safety online

We were delighted to see the Online Safety Act pass into law in 2023, bringing with it new requirements for tech firms to identify and remove scam posts and ads. This followed a cross-sector campaign which Money and Mental Health helped to convene featuring consumer groups, the financial services industry body UK Finance and a host of other organisations. We hope that these new protections will significantly reduce the risk of falling victim to an online scam, especially for those of us with mental health problems, who are three times more likely to be affected by these crimes compared to people without mental health problems. We'll be keeping a close eye in the coming year to ensure these legal duties are properly enforced.

Scams are far from the only danger we can face online. We also asked the Competition and Markets Authority to investigate exploitative practices like pressure selling tactics and fake discount offers. It subsequently launched investigation work looking at online choice architecture and these issues.

Making gambling safer for people with mental health problems

In 2023 the government published its long-awaited gambling white paper, setting out its plans to make gambling regulation fit for the digital age. We were pleased to see a number of our recommendations for reducing gambling harms featured in the white paper. This included proposals to put stake limits on online gambling slots, and to give the Gambling Commission more oversight over the design of online gambling products, as well as a more proactive role in ensuring regulatory compliance among online gambling firms. The white paper also references the need for financial services to strengthen spending blocks, a topic we've worked closely with banks on since 2017. We will be closely monitoring the government's next steps.

Reducing the psychological harm of debt collection

A longstanding priority for us has been tackling aggressive debt collection practices and the immense distress they cause for people in financial difficulty. In 2023, we started a new 18-month project - funded by abrdn Financial Fairness Trust - with the aim of reducing the pressures people in debt face and building a cross-sector movement for change. We kickstarted this with the launch of our 'Debts and Despair' report, which found that nearly half of people who are behind on consumer credit payments say they feel harassed or overwhelmed by the volume of contact they receive from creditors. We called for the government and the FCA to work together to introduce clear limits on the number of times creditors can contact people about missed payments. Our launch event - chaired by Martin Lewis and with speakers from the main political parties - allowed us to raise these issues with Bim Afolami, Economic Secretary to the Treasury, and senior officials from the FCA. We will continue to push for these changes as the project moves forward.

Making it easier for people to get help with Universal Credit

Our research shows hundreds of thousands of people experiencing mental distress may struggle to get the support they need from loved ones to manage their Universal Credit account and avoid sanctions. That's because needless flaws in the system make it too hard for people to nominate someone to help them. In 2023 we were pleased to see the Department for Work and Pensions (DWP) acknowledge the importance of making it easier for people claiming Universal Credit to get help from others to manage their benefits. It has committed to exploring ways to enhance support for people who rely on third parties and carers to manage their Universal Credit, including looking at how people can give permission to others to act on their behalf. This is an issue we'll continue to press for progress on in 2024.

A benefits system that works for people with mental health problems

In 2023, the DWP published its Health and Disability White Paper. It included commitments to make the benefits system more supportive and easier to navigate - including changes we have campaigned for like:

- helping people to stay in work by providing mental health support to people in employment through the Access to Work Mental Health Support Service.
- empowering people to interact with the DWP in the way that suits their needs, for instance allowing people to choose the channel they are contacted through for health assessments and expanding the options for making applications for Personal Independence Payment to include phone and video.
- testing the sharing of health assessment reports that the DWP have made weighing up a person's needs *before* benefits decisions are made, which gives people more opportunity to clarify evidence and to support more accurate decisions.

We were also pleased to see the DWP backtrack on proposals to remove parts of the Work Capability Assessment which would have disproportionately disadvantaged people with mental health problems. This was in response to campaigning from us and a range of voices across the sector.

Helping more people to balance their mental health and work

One of our key recommendations was for the government to scale up the Individual Placement and Support (IPS) programme, which has been hugely successful in supporting people with severe mental illness to find and stay in work. But this support is not consistently available across the country, so we called for provision to be extended in our paper on reducing the number of people unable to work due to poor mental health. We were pleased to see the government act on this call in 2023, when it launched the expansion of the Individual Placement and Support in Primary Care programme.

Understanding the relationship between our ethnicity, money and mental health

The toxic cycle of money and mental health problems can impact anyone, but factors like ethnicity can affect how we experience this cycle — as well as how easy it is to access support to deal with these issues. In 2023 we published research which revealed that people from minoritised ethnic groups are disproportionately affected by the economic and social determinants of poor mental health — including low income, social exclusion and racism. We set out ways that employers, support services and essential service firms can address these inequalities. We were pleased to launch the research with a webinar featuring two members of our Research Community who shared their views and personal reflections. This research was the third paper in a series exploring how different demographic factors interact with money and mental health, with the previous papers looking at gender and age.

Suicide prevention

In December 2023 we published new research showing that half of people who are behind on bills like loans or credit cards report that they've had suicidal thoughts or feelings as a result of the rising cost of living. Tackling the devastating link between financial difficulty and suicide has long been a priority in our work, so we were very pleased to see the government respond to this by making it central to their new suicide prevention strategy for the first time. For example, this means that staff in services like the Department for Work and Pensions will be trained up to offer tailored suicide prevention support to people experiencing financial difficulties.

Integrating money and mental health services

One of Money and Mental Health's first ever research reports explored how access to debt advice in NHS Talking Therapies could increase recovery rates for people with depression or anxiety and problem debt. Since then, we've been campaigning to make this a reality, while building the case and evidence base for its effectiveness. This includes our partnership with King's College London and Citizens Advice to pilot this type of service in South London and Maudsley.

New research published in 2023 showed that providing money advice alongside mental health support could double recovery rates for people struggling with debt and depression and help an extra 27,000 people recover from mental health problems each year. These reforms could save the public purse £144 million each year by reducing demand on health services and helping more people with mental health problems move into employment. The momentum behind this integrated approach to money and mental health support is building, and as we look towards the 2024 election we will be pushing for the next government to make this a priority.

Mental health problems and financial difficulty in retirement

In June 2023 we published research — sponsored by the Money and Pensions Service — which showed that millions of people with mental health problems are facing a financial cliff edge when they retire. The findings showed that poor mental health can lead to people saving less into their pension, as well as struggling to understand their retirement options. We made a suite of recommendations to tackle these problems, and hope to see some of these taken up as the Money and Pensions Service improves UK pensions guidance in the coming years.

Our work in 2023 - Mental Health Accessible

Through our Mental Health Accessible programme, we work directly with firms to make their services more accessible for their customers with mental health problems. This enables us to put our research and the insights of our Research Community into action, breaking the link between financial difficulties and poor mental health.

In 2023, we helped six firms working in essential services. Following our recommendations, these companies have taken actions like offering people more channels through which they can contact specialist teams, providing training to help frontline colleagues better support customers in vulnerable circumstances, and improving tools like gambling blocks to help people stay in control of their finances.

This year we were delighted to welcome our first firm from the energy sector - OVO - into the programme. We worked with them to test a number of their digital customer journeys used by customers to access support, and to review several key communications sent to customers to assess how accessible they are for those living with mental health problems.

HSBC UK became the second bank to gain Mental Health Accessible accreditation, following a comprehensive review of the bank's customer service, product design, customer-facing communications and staff training.

We continued to work with Lloyds Banking Group, the first firm to receive an 'Advanced' accreditation rating following continuous progress since its initial accreditation in 2020.

We also worked with our first building society, Nationwide, which took steps towards improved accessibility that included enhancing resources for staff supporting customers with mental health problems and making communications sent to customers more inclusive. Nationwide went on to become our first accredited building society in early 2024.

We were pleased to work with Baringa Partners, a management consultancy practice, who donated services through their Community Funding programme to review Mental Health Accessible's strategic approach to having impact in the essential services sectors. Our sincere thanks goes to the team at Baringa for their invaluable contributions throughout the project.

Our work in 2023 - Gambling Commission work programme

We are excited to have been awarded funding from the Gambling Commission for an ambitious new programme of work aimed at helping financial services to reduce the risk of gambling harms. This will be a three year programme aiming to bring together lived experience insight, new research, policy expertise and our hands-on consultancy work to help a cohort of financial services firms to take very practical steps to tackle gambling harms. There has been a small amount of set up and planning activity on this programme in 2023, but this will form a much larger proportion of our work in 2024 to 2026.

Spreading the word

- We gained 96 pieces of national media coverage and substantially increased our social media reach, targeted to reach those making the decisions we want to influence.
- We attracted around 120,000 visitors to our website, downloading our 2023 reports nearly 400 times.
- We held 6 events which attracted 606 attendees, arming them with the evidence and arguments to make change.
- We published 8 reports, 17 consultation responses and 1 best practice guide, directly shaping the work of policy makers, firms and service commissioners.
- We welcomed over 1,000 new members to our Research Community to share their personal stories and shape the future of our work.

MONEY AND MENTAL HEALTH POLICY INSTITUTE

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2023

PLANS FOR THE FUTURE

In 2024, key research projects will include:

- Significant research looking at the mental health impact of higher mortgage rates
- Work to deepen our understanding of how money and mental health problems interact over time
- Continuing our efforts to reduce the psychological damage done by aggressive debt collection, funded by abrdn Financial Fairness Trust, by digging into government bodies – like local councils and the DWP – as well as energy and telecoms companies
- Research exploring the experiences of both money and mental health problems among minoritised ethnic groups
- Work setting out how to improve access to income maximisation services for people with mental health problems
- Revisiting our work on third party access to financial services
- A significant research report looking at the design of a future 'tell us once' service to share data about people's additional needs with multiple services

Our Research Community members have played a key role in informing the research agenda outlined above. To help the Community grow in numbers, diversity and engagement, we will take several actions in 2024 to strengthen it. As part of the funding awarded by Impact on Urban Health, our full-time Research Community Manager will explore more innovative ways to make our Community more representative through boosting the representation of men, younger people and people from minoritised ethnic groups. We will also consider ways to hear from more members and raise satisfaction levels even further through our new Research Community platform.

FINANCIAL REVIEW

In 2023 Money and Mental Health generated £847,027 of unrestricted income, compared to £604,821 in 2022. This pays for our core research and influencing work which continues to grow in reach and impact, and is needed now more than ever.

In addition, we were fortunate to secure £1,164,292 in restricted income for specific projects. £824,426 of this was awarded by the Gambling Commission for an ambitious three year programme of work (paid up front) aimed at galvanising action among financial services firms to reduce gambling harms. While this funding is accounted for solely in our 2023 accounts rather than in subsequent years, it will be used to support this programme work over the coming three years.

It was also a good year for Mental Health Accessible, which brought in £197,250 in 2023 (£97,250 more than in 2022), and also generated a small surplus for the first time.

Expenditure related to charitable activities for the year totalled £1,074,359 split between unrestricted expenses of £785,869 and restricted expenses of £288,490. Of this total, £883,623 related to direct project delivery costs, £39,133 to fundraising costs, £147,123 related to support costs and £4,480 to governance costs. Total staff costs (included in delivery, fundraising and support costs) represented 82% of the Charity's total expenses. Total expenditure was £242,522 higher than the 2022 amount of £831,837 mainly as a result of an average of an additional 4 employees in 2023 and the associated support costs, but also as a result of higher polling and event costs and the additional Mental Health Accessible project activity.

In 2023, the Charity reported an unrestricted surplus of £78,078. The Charity had a restricted surplus of £858,882, the vast majority of which is allocated to our three year programme of work funded by the Gambling Commission. As a result, in total the Charity reported a surplus of £936,960 in 2023. Our income and expenditure strategy continues to be to use some of our reserves to fund additional capacity to support future income generation efforts and sustain impact. Unrestricted budget deficits are predicted for 2024, 2025 and 2026 which will be funded from unrestricted reserves.

The total fund balance at 31 December 2023 was £1,556,096. Of this, £697,214 is unrestricted and £858,882 is restricted.

With a funding pledge from the founder until at least the end of 2025, and significant other grant income also secured until 2025, the Institute continues to operate as a going concern. A financial strategy of prudence and care will be pursued which, together with a continued commitment to diversification of income, will ensure the ongoing financial sustainability of the Institute.

MONEY AND MENTAL HEALTH POLICY INSTITUTE

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2023

Funding

In the interest of transparency, Money and Mental Health publishes details on all donations and funding over £1,000 - please see more details in the table below.

Unrestricted income notably included £450,000 of donations from our founder and Chair and a £50,000 grant from the Pears Foundation.

In 2023 the founder's donation accounted for 53% of the Charity's unrestricted income (22% of total income), whilst the rest was generated from other external sources.

Income	Details
£0 - £1,000	We received 29 donations in this range, amounting to £2,680 in total
£1,001 - £10,000	Brunswick Group Advisory Limited, Experian Limited
£10,001 - £50,000	King's College London, Nationwide Building Society, Lloyds Bank, Genserv, HSBC UK, Ovo Energy Ltd, NatWest Group, Trust for Local Response, the Which? Fund, Money & Pensions Service
£50,001 - £150,000	Barclays Bank, abrdn Financial Fairness Trust (part of a two year restricted grant) Baringa Partners LLP (donation of services in kind)
£150,001 - £350,000	Impact on Urban Health (part of a three year restricted grant)
£350,001 - £500,000	Martin Lewis (recurring annual donation)
£500,001 - £1,000,000	Gambling Commission award (restricted donation up-front for a three year project)

Money and Mental Health would like to thank all of the funders who have supported our work. In particular, we want to thank our founder and chair, Martin Lewis, without whose vision and generous financial support the Charity would not exist.

MONEY AND MENTAL HEALTH POLICY INSTITUTE

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2023

Reserves policy

The trustees have set a policy which requires that general unrestricted reserves be maintained at a level that ensures the Charity's core activity could continue during a period of unforeseen difficulty and that a proportion of reserves be maintained in a readily realisable form. The trustees have set this level to be equivalent to 3 months' worth of operating expenses and it reviews this position at every meeting. It should be noted that this is a minimum level and the trustees recognise that a higher level may be required at times when the external financial climate is more challenging or when investment is required to ensure operational efficiency and resilience in future years.

The Charity's reserve policy is in line with the guidance issued by the Charity Commission and the calculation of the required level of reserves is an integral part of the Charity's budgeting and planning cycle.

Any funds received by the Charity for a specific project or purpose are held in a restricted fund. On 31 December 2023 the restricted fund balance was £858,882.

Unrestricted reserves consist of designated reserves and general reserves. Unrestricted funds can be spent or applied at the discretion of the trustees to further any of the Charity's purposes. Unrestricted funds can also be used to supplement expenditure made from restricted funds. For example, a restricted grant may provide only part of the funding needed for a specific project. In this case unrestricted funds may be used to meet any funding shortfall for that project.

Trustees may also choose during the reporting period to set aside a part of the unrestricted funds to be used for a particular future project or commitment. By earmarking funds in this way, the trustees set up a designated fund that remains part of the unrestricted funds of the Charity. For example, this may be appropriate for large, unproven future projects, with significant set up costs, until they are self-funding, or alternative sources of funding are found, as was the case with the Mental Health Accessible project. This designation has an administrative purpose only and does not legally restrict the trustees' discretion in how to apply the unrestricted funds that they have earmarked.

On 31 December 2023 the Charity held a designated reserve balance of £nil.

The trustees are satisfied with the level of reserves held by the Charity as at 31 December 2023, which is in line with its reserves policy. Over the last couple of years the Charity has built some additional reserves, primarily as a result of cancelled activity and rent costs during the pandemic. Although the current level of reserves is significantly higher than the minimum specified in the policy, the Charity plans to increase spending on its work, including through personnel and other fixed costs in the years ahead and the trustees believe that this level will be required to sustain the Charity in the next three years.

To date a large proportion of our core funding has been from our Founder and Chair, Martin Lewis. As the Charity has grown and developed, we have diversified our funding base to ensure a strong and resilient future for the organisation. Our founder's donation decreased from 100% of the Charity's income in 2016 to 67% in 2022 and fell to 22% in 2023 due to the large, restricted donation awarded by the Gambling Commission. We project that it will provide around 36% of our total income in 2024.

The Charity has an income generation strategy that includes generating revenue by charging essential services firms for consultancy work, alongside grants, sponsorship and some other donor income. We believe that this will scale our impact, improving outcomes for millions of people with mental health problems, whilst making the Charity more financially resilient.

In light of the impact of the pandemic and the cost of living crisis on both money and mental health, our work is needed more than ever. We aim to sustain our current level of capacity for our core delivery work, whilst at the same time developing new income generation capabilities. Our plans for the next few years therefore involve investing some of our reserves in the income generation, operations and consultancy capacity needed to grow and diversify our income base for the future, allowing us to maintain our current delivery capacity and impact whilst strengthening the Charity for the future.

The level of reserves is monitored quarterly and the reserves policy is reviewed annually by the Board of Trustees.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Constitution and objects

Money and Mental Health was registered as a charity with the Charity Commission for England and Wales on 12 April 2016. It is governed by its Constitution. It is a Charitable Incorporated Organisation.

The objects of the Charity are, for the public benefit:

- (1) to advance understanding of mental health, financial difficulties and capability and the relationship between the two;
- (2) to improve the lives of people with mental health problems, particularly in relation to their financial experiences, and
- (3) to promote the preservation of good mental health, with a particular focus on the impact of people's financial experiences,

including by carrying out research, facilitating discussion, designing and testing new approaches and disseminating the useful results of these endeavours.

Appointment of trustees and induction

Anyone who is a natural person and over the age of 16 can become a trustee. There must be at least three trustees and one of the trustees at least must be over the age of 18. There is no maximum number of trustees. New trustees are selected by the Board of Trustees according to the skills, knowledge and experience needed for the effective administration of the Institute.

Induction support and a trustee information pack is provided for all new trustees.

Members' liability

Money and Mental Health had 9 trustees as of 31 December 2023. They are the only persons eligible to be members of the Institute and their membership cannot be transferred to anyone else. If the Institute is wound up, its members have no liability to contribute to its assets and no personal responsibility for settling its debts and liabilities.

Trustees' responsibilities

The trustees are responsible for preparing the Trustees' Report and the Financial Statements in accordance with applicable law and United Kingdom's Accounting Standards (UK GAAP). The Institute has opted to prepare its accounts using the Financial Reporting Standard applicable in the UK and the Republic of Ireland (FRS 102) and follow the Charity SORP (FRS 102). As a charity registered in England and Wales, the Charitable Incorporated Organisation also reports in accordance with the Charity Commission for England and Wales' guidance on public benefit and the Charities Act 2011.

Chair of the Board of Trustees

Martin Lewis CBE is the founder and the Chair of the Board of Trustees of the Institute. He founded the Money Saving Expert website in 2003 and is currently its Executive Chair. He is also an award-winning campaigning journalist, a TV and radio presenter, a newspaper columnist and author as well as a charity founder. To date, he has also been the main source of revenue of the Institute.

Organisational structure and decision making

The Board of Trustees is responsible for the overall governance and direction of the Institute. The Board meets quarterly. Trustees operate in a non-executive capacity and they are responsible for helping to preserve the Institute's independence and impartiality, notably by ensuring that no interest group is able to exert undue influence on the Institute's work.

Oversight of financial performance and operational controls have been delegated since 2019 to a Finance and Audit Committee chaired by the Treasurer, which also meets quarterly. A Remuneration Committee meets at least once per year and reports to the Finance and Audit Committee on pay and benefits recommendations and to the full Money and Mental Health Board on other matters.

Day to day operations of the Institute are delegated to the Chief Executive Officer and the senior management team.

MONEY AND MENTAL HEALTH POLICY INSTITUTE

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2023

Remuneration policy, related party and other transactions

Money and Mental Health is committed to ensuring that its staff members are paid fairly and in a way that ensures it attracts and retains the right skills to have the greatest impact in delivering its charitable objectives. In this context, all salaries are reviewed on an annual basis with the intention to offer an inflation-related increase to all employees each January, subject to the Institute's financial health being robust (this policy is not applicable to interns who are remunerated at the London Living wage which already includes an annual inflation adjustment). The Institute also has in place a work pension scheme relying on employer's and employees' pension contributions. The trustees hereby confirm that no contractual relationship with a related party was to be reported. Furthermore, the Institute did not act as an agent or a custodian trustee during the reporting period and it did not hold any funds on behalf of other parties. Finally, the trustees also confirm that there are no applicable exemptions from disclosure in this report.

Risk management

It is the responsibility of the trustees to monitor the risks posed to the ongoing viability of the Institute and its ability to fulfil its charitable objectives. All areas of risk (governance and compliance, operational, financial, environmental and external) have been identified and are set out in the Institute's risk register.

The Board of Trustees regularly assesses the major risks to which Money and Mental Health is exposed. The main risks identified for the current year include:

- Harm to the mental health and wellbeing of research participants, media volunteers and staff
- The effect of the cost of living crisis on the Institute's income and expenditure
- The continuing need to diversify the Charity's income sources
- Loss of key personnel, staff sickness or recruitment challenges.

The Board is satisfied that systems and adequate levels of reserves are in place to mitigate the Institute's exposure to these major risks.

Our thanks

The trustees are very grateful to the many individuals and organisations who supported the work of the Institute in 2023, in particular to the staff team, advisory board, and the thousands of people who generously shared their lived experience of mental health problems to shape our work.

MONEY AND MENTAL HEALTH POLICY INSTITUTE

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2023**

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The trustees are responsible for preparing the Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the Charity and of the incoming resources and application of resources of the Charity for that period.

In preparing these financial statements, the trustees are required to:


- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the Charity and to enable them to ensure that the financial statements comply with the Charities Act 2011, the Charities (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

AUDITORS

On 30 June 2023 as a result of a recent merger, Watts Gregory LLP resigned as auditors in accordance with Section 516 of the Companies Act 2006 and re-engaged its services as MHA.

Approved by order of the Board of Trustees on 6/9/24 and signed on its behalf by:


Martin Lewis CBE
Chair

REPORT OF THE INDEPENDENT AUDITORS TO THE TRUSTEES OF MONEY AND MENTAL HEALTH POLICY INSTITUTE

Opinion

We have audited the financial statements of Money and Mental Health Policy Institute (the 'Charity') for the year ended 31 December 2023 which comprise the Statement of Financial Activities, the Balance Sheet, the Cash Flow Statement and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards including Financial Reporting Standard 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the Charity's affairs as at 31 December 2023 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Charities Act 2011.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the Charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the Charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The trustees are responsible for the other information. The other information comprises the information included in the Annual Report, other than the financial statements and our Report of the Independent Auditors thereon.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters where the Charities (Accounts and Reports) Regulations 2008 requires us to report to you if, in our opinion:

- the information given in the Report of the Trustees is inconsistent in any material respect with the financial statements; or
- the charity has not kept adequate accounting records; or
- the financial statements are not in agreement with the accounting records and returns; or
- we have not received all the information and explanations we require for our audit.

Responsibilities of trustees

As explained more fully in the Statement of Trustees' Responsibilities, the trustees are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the Charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the Charity or to cease operations, or have no realistic alternative but to do so.

REPORT OF THE INDEPENDENT AUDITORS TO THE TRUSTEES OF MONEY AND MENTAL HEALTH POLICY INSTITUTE

Our responsibilities for the audit of the financial statements

We have been appointed as auditors under Section 144 of the Charities Act 2011 and report in accordance with the Act and relevant regulations made or having effect thereunder.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue a Report of the Independent Auditors that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The specific procedures for this engagement and the extent to which these are capable of detecting irregularities, including fraud is detailed below:

We evaluated management's incentives and opportunities for fraudulent manipulation of the financial statements (including the risk of override of controls) and determined that the principal risks were related to posting inaccurate journals. We addressed these risks by carrying out specifically targeted procedures, which included:

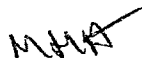
- Enquiries of management, those charged with governance around actual and potential litigation and claims;
- Performing audit work over the risk of management override of controls, including testing of journal entries and other adjustments for appropriateness, evaluating the business rationale of significant transactions outside the normal course of business;
- Reviewing minutes of meetings of those charged with governance;
- Evaluating the reasons for any large or unusual transactions;
- Reviewing financial statement disclosures and testing to supporting documentation to assess compliance with applicable laws and regulations.

Because of the inherent limitations of an audit there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. The risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentations.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilities. This description forms part of our Report of the Independent Auditors.

Use of our report

This report is made solely to the charity's trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. Our audit work has been undertaken so that we might state to the Charity's trustees those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the Charity and the Charity's trustees as a body, for our audit work, for this report, or for the opinions we have formed.



Julia Mortimer (Senior Statutory Auditor)
for and on behalf of MHA
Statutory Auditor
CARDIFF
CF23 8RS

Date: 9 September 2024

MHA is the trading name of MacIntyre Hudson LLP, a limited liability partnership in England and Wales (registered number OC312313)

MONEY AND MENTAL HEALTH POLICY INSTITUTE

**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2023**

	Notes	Unrestricted funds £	Restricted funds £	2023 Total funds £	2022 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	3	532,160	824,426	1,356,586	498,725
Charitable activities	5				
Policy, research and influencing work		86,969	339,866	426,835	64,157
Mental Health Accessible		197,250	-	197,250	100,000
Investment income	4	30,471	-	30,471	7,491
Other income		177	-	177	-
Total		<u>847,027</u>	<u>1,164,292</u>	<u>2,011,319</u>	<u>670,373</u>
EXPENDITURE ON					
Raising funds	6	39,133	-	39,133	22,582
Charitable activities	7				
Policy, research and influencing work		556,764	281,614	838,378	662,227
Mental Health Accessible		189,972	-	189,972	147,028
Gambling Commission work programme		-	6,876	6,876	-
Total		<u>785,869</u>	<u>288,490</u>	<u>1,074,359</u>	<u>831,837</u>
NET INCOME/(EXPENDITURE)		61,158	875,802	936,960	(161,464)
Transfers between funds	17	<u>16,920</u>	<u>(16,920)</u>	<u>-</u>	<u>-</u>
Net movement in funds		78,078	858,882	936,960	(161,464)
RECONCILIATION OF FUNDS					
Total funds brought forward		619,136	-	619,136	780,600
TOTAL FUNDS CARRIED FORWARD		<u>697,214</u>	<u>858,882</u>	<u>1,556,096</u>	<u>619,136</u>


The notes form part of these financial statements

MONEY AND MENTAL HEALTH POLICY INSTITUTE

**BALANCE SHEET
31 DECEMBER 2023**

	Notes	Unrestricted funds £	Restricted funds £	2023 Total funds £	2022 Total funds £
FIXED ASSETS					
Tangible assets	12	8,420	-	8,420	6,017
CURRENT ASSETS					
Debtors	13	244,460	-	244,460	90,696
Investments	14	212,304	817,550	1,029,854	433,188
Cash at bank		<u>380,686</u>	<u>56,332</u>	<u>437,018</u>	<u>154,551</u>
		837,450	873,882	1,711,332	678,435
CREDITORS					
Amounts falling due within one year	15	(148,656)	(15,000)	(163,656)	(65,316)
NET CURRENT ASSETS		<u>688,794</u>	<u>858,882</u>	<u>1,547,676</u>	<u>613,119</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>697,214</u>	<u>858,882</u>	<u>1,556,096</u>	<u>619,136</u>
NET ASSETS		<u>697,214</u>	<u>858,882</u>	<u>1,556,096</u>	<u>619,136</u>
FUNDS	17				
Unrestricted funds				697,214	619,136
Restricted funds				<u>858,882</u>	-
TOTAL FUNDS				<u>1,556,096</u>	<u>619,136</u>

The financial statements were approved and authorised for issue by the Board of Trustees on 6/9/24 and were signed on its behalf by:



Carol Pearson – Treasurer and Trustee

The notes form part of these financial statements

MONEY AND MENTAL HEALTH POLICY INSTITUTE

**CASH FLOW STATEMENT
FOR THE YEAR ENDED 31 DECEMBER 2023**

	Notes	2023 £	2022 £
Cash flows from operating activities			
Cash generated from operations	1	<u>854,954</u>	<u>(215,733)</u>
Net cash provided by/(used in) operating activities		<u>854,954</u>	<u>(215,733)</u>
Cash flows from investing activities			
Purchase of tangible fixed assets		(6,932)	(4,251)
Sale of tangible fixed assets		640	-
Purchase of current asset investments		(596,666)	(5,249)
Interest received		<u>30,471</u>	<u>7,491</u>
Net cash used in investing activities		<u>(572,487)</u>	<u>(2,009)</u>
Change in cash and cash equivalents in the reporting period		282,467	(217,742)
Cash and cash equivalents at the beginning of the reporting period		<u>154,551</u>	<u>372,293</u>
Cash and cash equivalents at the end of the reporting period		<u><u>437,018</u></u>	<u><u>154,551</u></u>

The notes form part of these financial statements

MONEY AND MENTAL HEALTH POLICY INSTITUTE

**NOTES TO THE CASH FLOW STATEMENT
FOR THE YEAR ENDED 31 DECEMBER 2023**

1. RECONCILIATION OF NET INCOME/(EXPENDITURE) TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2023 £	2022 £
Net income/(expenditure) for the reporting period (as per the Statement of Financial Activities)	936,960	(161,464)
Adjustments for:		
Depreciation charges	4,066	3,690
Profit on disposal of fixed assets	(177)	-
Interest received	(30,471)	(7,491)
Increase in debtors	(153,764)	(47,429)
Increase/(decrease) in creditors	98,340	(3,039)
Net cash provided by/(used in) operations	<u>854,954</u>	<u>(215,733)</u>

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1/1/23 £	Cash flow £	At 31/12/23 £
Net cash			
Cash at bank	<u>154,551</u>	<u>282,467</u>	<u>437,018</u>
Liquid resources			
Current asset investments	<u>433,188</u>	<u>596,666</u>	<u>1,029,854</u>
Total	<u>587,739</u>	<u>879,133</u>	<u>1,466,872</u>

The notes form part of these financial statements

MONEY AND MENTAL HEALTH POLICY INSTITUTE

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2023

1. STATUTORY INFORMATION

Money and Mental Health Policy Institute is a registered charity, registered in England and Wales under charity number 1166493. The governing document of the Charity is its Constitution and it is a Charitable Incorporated Organisation (CIO). The principal address can be found on the entity information page. The nature of the charity's operations and principal activities are disclosed within the Report of the Trustees.

The financial statements are presented in Sterling (£), the Charity's functional currency, and rounded to the nearest pound.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

2. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the Charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland', the Charities Act 2011 and UK Generally Accepted Accounting Practice.

The financial statements have been prepared to give a 'true and fair' view and have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent to provide a 'true and fair' view. This departure has involved following the Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland issued in October 2019 rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2005 which has since been withdrawn.

The financial statements have been prepared under the historical cost convention. Assets and liabilities are initially recognised at historical cost or transaction values unless otherwise stated in the relevant accounting policy note(s).

Income

All income from donations, grants and other sources is recognised on an accruals basis and included in the Statement of Financial Activities once the Charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

In the case of grant income, evidence of entitlement will usually exist when the formal offer of funding is communicated in writing to the Charity. However, where grants contain terms and conditions that must be met before the Charity has entitlement to the resources, the grant income shall be recognised to the extent that the Charity has provided the specified services or met any performance related conditions.

Income from the supply of the Mental Health Accessible service is recognised in line with the delivery of the contracted services provided that: the stage of completion, the costs incurred in delivering the service and the costs to complete the requirements of the contract can all be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the Charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Allocation and apportionment of costs

All costs are allocated between the expenditure categories on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly; others are apportioned on an appropriate basis.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life. Computer equipment - straight line 33.33%

2. ACCOUNTING POLICIES - continued

Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Investments

Investments held as current assets represent deposit accounts that are not readily convertible to cash and that have a maturity of more than three months but not more than twelve months from the date of acquisition or opening of the deposit or similar account.

Interest receivable

Interest on funds held on deposit is included on an accrual basis.

Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Creditors

Trade creditors are recognised at the settlement amount after any trade discount offered.

Accruals and provisions

Accruals are recognised when there is an obligation at the Balance Sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably. Liabilities are recognised at the amount that the Charity anticipates it will pay to settle the debt.

Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised in the Statement of Financial Activities as a finance cost.

Deferred income

Deferred income represents amounts received relating to future periods and is released to incoming resources in the period to which it relates.

Operating leases

Rentals applicable to operating leases where substantially all of the benefits and risks of ownership remain with the lessor are charged against profits on a straight line basis over the period of the lease.

Taxation

The Charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the Charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Designated funds are created for specific purposes at the discretion of the trustees.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The Charity operates a defined contribution pension scheme. Contributions payable to the Charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Employee benefits

When employees have rendered service to the Charity, short-term employee benefits to which the employees are entitled are recognised at the undiscounted amount expected to be paid in exchange for that service.

MONEY AND MENTAL HEALTH POLICY INSTITUTE

NOTES TO THE FINANCIAL STATEMENTS - continued **FOR THE YEAR ENDED 31 DECEMBER 2023**

3. DONATIONS AND LEGACIES

	2023	2022
	£	£
Donations	1,299,086	463,725
Grants	<u>57,500</u>	<u>35,000</u>
	<u>1,356,586</u>	<u>498,725</u>

Included within the above donations is a restricted donation of £824,426 as part of a settlement agreed with the Gambling Commission to accelerate progress towards delivery of the National Strategy to Reduce Gambling Harms.

Grants received, included in the above, are as follows:

	2023
	£
The Pears Family Charitable Foundation	50,000
The Grocers' Charity	5,000
Inthallo	<u>2,500</u>
	<u>57,500</u>

4. INVESTMENT INCOME

	2023	2022
	£	£
Bank interest receivable	<u>30,471</u>	<u>7,491</u>

5. INCOME FROM CHARITABLE ACTIVITIES

	Activity	2023	2022
		£	£
Contracts for Charitable Research	Policy, research and influencing work	76,000	-
Consultancy services / advice	Policy, research and influencing work	10,969	(1,395)
Grants	Policy, research and influencing work	339,866	65,552
Consultancy services / advice	Mental Health Accessible	<u>197,250</u>	<u>100,000</u>
		<u>624,085</u>	<u>164,157</u>

All income from contracts for charitable research and consultancy services is unrestricted in nature. The grants below are all restricted in nature.

Grants received, included in the above, are as follows:

	2023	2022
	£	£
Which?	7,566	27,552
Impact on Urban Health - Essential Services Equalities Act project	-	38,000
Impact on Urban Health - Strategic Partnership	220,000	-
The Money & Pensions Service (MaPS)	55,000	-
abrdn Financial Fairness Trust	<u>57,300</u>	<u>-</u>
	<u>339,866</u>	<u>65,552</u>

MONEY AND MENTAL HEALTH POLICY INSTITUTE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2023

6. RAISING FUNDS

Fundraising costs

	2023	2022
	£	£
Staff costs	38,293	22,432
Other fundraising costs	<u>840</u>	<u>150</u>
	<u>39,133</u>	<u>22,582</u>

7. CHARITABLE ACTIVITIES COSTS

	Direct costs £	Support costs £	Governance costs £	Totals £
Policy, research and influencing work	705,028	128,870	4,480	838,378
Mental Health Accessible	173,675	16,297	-	189,972
Gambling Commission work programme	<u>4,920</u>	<u>1,956</u>	<u>-</u>	<u>6,876</u>
	<u>883,623</u>	<u>147,123</u>	<u>4,480</u>	<u>1,035,226</u>

8. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2023	2022
	£	£
Auditors' remuneration	5,250	5,000
Depreciation - owned assets	4,066	3,690
Surplus on disposal of fixed assets	<u>(177)</u>	<u>-</u>

9. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 December 2023 or for the year ended 31 December 2022.

Trustees' expenses

During the year an amount of £30 (2022: £Nil) was paid to 1 (2022: 0) trustee in respect of travel expenses.

10. STAFF COSTS

	2023	2022
	£	£
Wages and salaries	759,855	581,136
Social security costs	77,459	61,705
Other pension costs	<u>42,335</u>	<u>31,300</u>
	<u>879,649</u>	<u>674,141</u>

The average monthly number of employees during the year was as follows:

2023	2022
<u>18</u>	<u>14</u>

MONEY AND MENTAL HEALTH POLICY INSTITUTE

NOTES TO THE FINANCIAL STATEMENTS - continued
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10. STAFF COSTS

The number of employees whose employee benefits (excluding employer pension costs) exceeded £60,000 was:

	2023	2022
£60,001 - £70,000	-	1
£70,001 - £80,000	2	-
£80,001 - £90,000	-	1
	<u>2</u>	<u>2</u>

In addition to this, pension contributions of £8,051 (2022: £7,970) were received by these employees.

The total key management personnel remuneration during the year was £417,289 (2022 - £361,807).

11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	498,725	-	498,725
Charitable activities			
Policy, research and influencing work	(1,395)	65,552	64,157
Mental Health Accessible	100,000	-	100,000
Investment income	<u>7,491</u>	<u>-</u>	<u>7,491</u>
Total	<u>604,821</u>	<u>65,552</u>	<u>670,373</u>
EXPENDITURE ON			
Raising funds	22,582	-	22,582
Charitable activities			
Policy, research and influencing work	618,474	43,753	662,227
Mental Health Accessible	<u>147,028</u>	<u>-</u>	<u>147,028</u>
Total	<u>788,084</u>	<u>43,753</u>	<u>831,837</u>
NET INCOME/(EXPENDITURE)	(183,263)	21,799	(161,464)
Transfers between funds	<u>21,799</u>	<u>(21,799)</u>	<u>-</u>
Net movement in funds	(161,464)	-	(161,464)
RECONCILIATION OF FUNDS			
Total funds brought forward	<u>780,600</u>	<u>-</u>	<u>780,600</u>
TOTAL FUNDS CARRIED FORWARD	<u>619,136</u>	<u>-</u>	<u>619,136</u>

MONEY AND MENTAL HEALTH POLICY INSTITUTE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2023

12. TANGIBLE FIXED ASSETS

	Computer equipment £
COST	
At 1 January 2023	18,855
Additions	6,932
Disposals	<u>(7,955)</u>
At 31 December 2023	<u>17,832</u>
DEPRECIATION	
At 1 January 2023	12,838
Charge for year	4,066
Eliminated on disposal	<u>(7,492)</u>
At 31 December 2023	<u>9,412</u>
NET BOOK VALUE	
At 31 December 2023	<u>8,420</u>
At 31 December 2022	<u>6,017</u>

13. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023 £	2022 £
Trade debtors	140,400	46,800
Other debtors	572	-
Accrued income	53,641	28,236
Prepayments	<u>49,847</u>	<u>15,660</u>
	<u>244,460</u>	<u>90,696</u>

14. CURRENT ASSET INVESTMENTS

	2023 £	2022 £
Deposit accounts	<u>1,029,854</u>	<u>433,188</u>

MONEY AND MENTAL HEALTH POLICY INSTITUTE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2023

15. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023	2022
	£	£
Trade creditors	2,898	18,781
Social security and other taxes	21,073	15,979
VAT	31,380	5,628
Accruals and deferred income	<u>108,305</u>	<u>24,928</u>
	<u>163,656</u>	<u>65,316</u>

Included within Accruals and deferred income above is the following deferred income:

	2023	2022
	£	£
Impact on Urban Health - Strategic partnership	15,000	-
Other consultancy Services	<u>64,250</u>	<u>10,599</u>
	<u>79,250</u>	<u>10,599</u>

The above deferred income relates to income received in advance of service delivery. Deferred income brought forward was released in full to the SOFA in the 2023 financial year.

16. LEASING AGREEMENTS

Minimum lease payments under non-cancellable operating leases fall due as follows:

	2023	2022
	£	£
Within one year	<u>16,560</u>	<u>16,170</u>

The above commitment is in respect of office space.

17. MOVEMENT IN FUNDS

	At 1/1/23 £	Net movement in funds £	Transfers between funds £	At 31/12/23 £
Unrestricted funds				
General fund	619,136	61,158	16,920	697,214
Restricted funds				
Gambling Commission work programme	-	817,550	-	817,550
Pensions fund	-	16,920	(16,920)	-
Debt collection fund	-	6,332	-	6,332
Strategic partnership with Impact on Urban Health fund	-	35,000	-	35,000
	<u>-</u>	<u>875,802</u>	<u>(16,920)</u>	<u>858,882</u>
TOTAL FUNDS	<u>619,136</u>	<u>936,960</u>	<u>-</u>	<u>1,556,096</u>

MONEY AND MENTAL HEALTH POLICY INSTITUTE

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 DECEMBER 2023

17. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	847,027	(785,869)	61,158
Restricted funds			
Gambling Commission work programme	824,426	(6,876)	817,550
Insurance fund	7,566	(7,566)	-
Pensions fund	55,000	(38,080)	16,920
Debt collection fund	57,300	(50,968)	6,332
Strategic partnership with Impact on Urban Health fund	<u>220,000</u>	<u>(185,000)</u>	<u>35,000</u>
	<u>1,164,292</u>	<u>(288,490)</u>	<u>875,802</u>
TOTAL FUNDS	<u>2,011,319</u>	<u>(1,074,359)</u>	<u>936,960</u>

Restricted funds

Insurance fund

Grant funding received from the Which? Fund, funded by the Consumers' Association towards the project entitled 'Exploring and tackling unfair discrimination against people with mental health problems in key insurance markets'. The overarching aim of this project is improved access to appropriate, fairly priced insurance for people with experience of mental health problems.

Gambling Commission work programme

Funds awarded by the Gambling Commission as part of a regulatory settlement to be used to accelerate progress towards the National Strategy to Reduce Gambling Harms.

Pensions fund

Grant funding was received from the Money and Pensions Service to fund research to identify barriers to retirement planning for those with mental health problems.

Debt collection fund

Grant funding was received from abrdn Financial Fairness Trust to fund campaign and policy work to reduce the psychological harm caused by aggressive debt collection practices during the cost of living crisis and to ensure that this is a political priority for policy-makers ahead of the next general election.

Strategic partnership with Impact on Urban Health fund

This is funding for a 3 year partnership with Impact on Urban Health to provide core funding, salary support and other consultancy costs to support the charities continued growth and development as a trusted organisation working to influence, advocate and support a range of partners and policy makers. The income recognised is in relation to year 1 of the project.

Transfers between funds

Pensions fund

The grant funding offer for this project was issued in February 2023. Approval was sought and obtained from the funder, confirming that costs incurred on this project prior to the offer coming into existence (incurred during 2022) could be included as grant expenditure. As a result, an amount of £16,920 has been transferred from the Pensions fund to the general fund.

17. MOVEMENT IN FUNDS - continued**Comparatives for movement in funds**

	At 1/1/22 £	Net movement in funds £	Transfers between funds £	At 31/12/22 £
Unrestricted funds				
General fund	780,600	(183,263)	21,799	619,136
Restricted funds				
Equality Act fund	-	21,799	(21,799)	-
TOTAL FUNDS	<u>780,600</u>	<u>(161,464)</u>	<u>-</u>	<u>619,136</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	604,821	(788,084)	(183,263)
Restricted funds			
Insurance fund	27,552	(27,552)	-
Equality Act fund	<u>38,000</u>	<u>(16,201)</u>	<u>21,799</u>
	<u>65,552</u>	<u>(43,753)</u>	<u>21,799</u>
TOTAL FUNDS	<u>670,373</u>	<u>(831,837)</u>	<u>(161,464)</u>

Prior year funds only**Equality Act fund**

Grant funding received from Impact on Urban Health towards the project 'Essential Services Equalities Act Project'. This was a research project to understand the potential to use the Equality Act as a tool to ensure essential services make adjustments for customers with mental health problems.

Prior year transfer between funds**Equality Act fund**

The grant funding offer for this project was issued in February 2022. Approval was sought and obtained from the funder, confirming that costs incurred on this project prior to the offer coming into existence (incurred during 2021) could be included as grant expenditure. As a result, an amount of £21,799 has been transferred from the Equality Act fund to the general fund.

18. EMPLOYEE BENEFIT OBLIGATIONS

The Charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the Charity in independently administered funds. The pension cost charge represents contributions paid by the Charity to the fund and amounted to £42,335 (2022 - £31,300). Contributions outstanding at the year end amounted to £Nil (2022: £Nil).

19. RELATED PARTY DISCLOSURES

During the year, donations totalling £450,000 (2022: £450,562) were received from the founder and Chair of the charity - Martin Lewis.