

MENTAL HEALTH UK

England & Wales · Charity number 1170815

Details

Status Registered

Legal form CIO

Registered 2016-12-19

Register [View on the Charity Commission register](#)

Contact

Address 28 Albert Embankment
London
SE1 7GR

Phone 02078403101

Email info@mentalhealth-uk.org

Website www.mentalhealth-uk.org

Activities

Objects: 3.1 TO PROVIDE RELIEF AND SUPPORT TO PEOPLE AFFECTED BY MENTAL ILLNESS;3.2 TO ADVANCE RESEARCH AND EDUCATION AS TO THE CAUSES, CONSEQUENCES AND MANAGEMENT OF MENTAL ILLNESS;3.3 TO PROVIDE ADVICE AND ASSISTANCE AND PROMOTE BEST PRACTICE IN THE FIELD OF MENTAL HEALTH AND WELFARE; AND3.4 THE ADVANCEMENT OF SUCH OTHER EXCLUSIVELY CHARITABLE PURPOSES UNDER THE LAW OF ENGLAND AND WALES AS THE TRUSTEES SHALL DETERMINE AT THEIR DISCRETION.

Activities: Relief and support to people affected by mental illness.To advance research and education into causes, consequences and management of mental illnessAdvice, assistance and promotion of best practice in the field of mental health and welfare

Classification

- **How:** Makes Grants To Organisations, Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Disability, The Prevention Or Relief Of Poverty
- **Who:** People With Disabilities, Other Charities Or Voluntary Bodies, The General Public/mankind

Geography

- Northern Ireland
- Scotland
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£3,032,237	£4,898,188	£2,866,020	0
2024-03-31	£2,876,888	£4,933,608	£4,731,971	0
2023-03-31	£3,682,515	£5,388,092	£6,794,650	0
2022-03-31	£5,733,087	£4,348,546	£8,500,226	0
2021-03-31	£7,424,000	£4,133,000	£7,116,000	0

Trustees

Name	Role	Appointed
PAUL JENKINS	Chair	2016-12-19
Alun Huw Thomas		2017-03-29
Anne Doherty		2019-07-01
Lyn Paweleck		2017-03-29
MARK WINSTANLEY		2017-03-29
Michelle Amanda Robinson		2024-04-01
Nicholas McGregor Ward		2022-02-23

Accounts

Charity number: 1170815

MENTAL HEALTH UK

(a Charitable Incorporated Organisation)

TRUSTEES' REPORT AND FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025

MENTAL HEALTH UK

CONTENTS

	Page
Reference and administration details of the Charity, its Trustees and advisers	1
Trustees' report	2 - 13
Statement of Trustees' responsibilities for the year ended 31 March 2025	14
Independent auditor's report to the members of Mental Health UK	15 - 18
Consolidated statement of financial activities	19
Consolidated group and Charity balance sheets	20
Consolidated statement of cash flows	21
Notes to the financial statements	22 - 34

Trustees

M Robinson (Appointed 1 April 2024)
L Paweleck
M Winstanley
A H Thomas
P Jenkins
A Doherty
N Ward

Charity registered number

1170815

Principal office

28 Albert Embankment
London
SE1 7GR

Independent auditor

MHA
6th Floor
2 London Wall Place
London
EC2Y 5AU

Bankers

NatWest
2nd Floor, 39 Queen Square
Wolverhampton
WV1 1TL

Solicitors

Bates Wells
10 Queen Street Place
London
EC4R 1BE

Key Management Personnel

The key management personnel of the Charity are its Trustees and certain employees of Rethink Mental Illness. A management charge is paid to Rethink Mental Illness for their time. More information on the charges is given in note 15 to the accounts. The employees of Rethink Mental Illness which MHUK considered as its key management personnel in the year were:

Chief Executive Officer: Brian Dow
Chief Financial Officer: Tanya Srikanthan (resigned 27 February 2025)
Director of Finance: Richard Trim
Director of National Programmes: Deidre Bowen
Director of Fundraising: Caroline Crowther
Director of Campaigns and Communications: James Harris
Director of Policy and Practice: Lucy Schonegevel

Chair's Introduction

This year, we continued to navigate a challenging social and economic landscape. The ever-increasing cost of living, rising mental health needs, and ongoing strain on public services have created an environment in which demand for our support has never been greater. At the same time, fundraising conditions have remained difficult, with many charities competing for limited resources in an uncertain climate.

Against this backdrop, I am incredibly proud of what Mental Health UK has achieved. Thanks to the generosity and commitment of our supporters, we grew our income and maintained a strong base of unrestricted funding — allowing us to sustain the reach of our work across the UK. While we faced the tough decision to close our online community, Clic, our planned investment in other core programmes enabled us to still meet rising mental health needs. From early intervention programmes in schools to targeted support for financial hardship, we've remained true to our purpose: to provide people with the tools to live their best possible lives, at home, school and work.

This year also saw us deepen our national influence. Our second Burnout Report and the launch of the Menopause, Mental Health and Me campaign helped drive vital public conversations, while our digital information provided supportive information to millions of people. We've also continued to grow a committed community of supporters and partners, whose generosity and belief in our mission have enabled us to reach further than ever before.

Looking ahead, we are focused on scaling what works — strengthening our impact, improving access, and ensuring sustainability. With a refreshed strategy, a growing network of partners, and a commitment to those we support, we are entering the next year with ambition, clarity and hope. To all our staff, partners, funders and supporters: thank you. Your dedication makes our work possible, and your belief in better mental health for all continues to drive us forward.

The Trustees of Mental Health UK ('MHUK' or 'the Charity') present their Trustees' Report and the Consolidated Financial Statements for the Charity for the year ended 31 March 2025 as required under the Charities Act 2011 and the Companies Act 2006.

Objectives and Activities

Mental Health UK delivers on our charitable objectives by raising funds from individuals, corporate partnerships, trusts and foundations. These funds are distributed to our four founding charities across the UK (Rethink Mental Illness in England, Change Mental Health in Scotland, Adferiad in Wales and MindWise in Northern Ireland), to deliver our projects as well as grow their own vital services.

Mental Health UK exists as the charity for everyone's mental health. We challenge the causes of poor mental health and provide people with the tools they need to live their best possible lives at home, school and work.

In a rapidly changing world, Mental Health UK brings together the heritage and experience of four charities from across the country who've been supporting people with their mental health for over 50 years. Working UK-wide, we deliver both national and local services that enable and empower people to understand and manage their mental health in a person-centred and empathetic way.

Our programmes provide support for some of the biggest societal challenges that pose a threat to people's mental health, including money problems, navigating through the system to get the right support, understanding mental health, loneliness and isolation, and resilience in young people.

With our local service delivery and national expertise in supporting people whose lives are affected by mental health problems, we have been able to mark a significant footprint in the areas that deeply challenge our mental health and stability at home, school and work. Our programmes for 2024/25 included:

- **Mental Health & Money Advice**
- **Bloom**
- **Your Resilience**
- **Me & Money**
- **Into Work**
- **Workplace & Training**
- **Rural Communities**
- **Clic**

Mental Health UK provides strategic oversight of our programmes' implementation by the four founding charities in line with our own processes as well as the funders' needs (where income is restricted). Performance is measured on a quarterly basis via our results-based management framework that establishes Key Performance Indicators to ensure we are delivering against agreed outcomes and outputs and identifying learning to strengthen programme delivery. Wherever possible, our programmes are internally and externally evaluated with findings feeding back into programme design, development and implementation to ensure that we continue to have a positive impact on our clients.

Achievements and performance

An overview of our programmes and our key achievements from 2024/25 are highlighted below:

Our programmes at home

Our home environment is the foundation of our mental wellbeing, yet many people face daily stressors that undermine their mental health. Economic hardship, housing instability, social isolation and family pressures all impact our mental wellbeing. At MHUK, our programmes aim to respond to

these challenges to our mental health.

Mental Health & Money Advice Service

Delivered by our partners, funded by grants from MHUK totalling £932,526 (2024: £604,836)

The link between money and mental health is undeniable, with half of people in debt also experiencing mental health problems. Our Mental Health & Money Advice (MHMA) service is our flagship service and provides a vital bridge between financial and mental health support, offering expert practical advice. Through targeted casework, accessible online resources and a client-centred approach, we support thousands each year to improve their financial resilience and wellbeing.

Impact and reach in 2024/25:

- Supported 1,341 clients with money-related casework
- 89% reported increased wellbeing
- 93% improved their ability to manage their money
- 669,000 accessed Mental Health & Money Advice online resources
- Financial outcomes: £11m in total: £7.4m debts managed, £909k debts written off, £2.6m income gains

Our programmes at school

The mental health needs of young people have never been more pressing, with emergency referrals in England increasing by over 50% in just three years. Almost half of the children and young people who require mental health support are currently not receiving it through the NHS. Against this backdrop, our preventative young people's programmes are a vital part of building a healthier future.

Bloom

Delivered by our partners, funded by grants from MHUK totalling £668,321 (2024: £668,386)

Bloom empowers 14–18 year olds with the skills, knowledge and resilience they need to support their mental health through life's challenges, both now and into adulthood. Delivered in partnership with schools and colleges, Bloom focuses on building sustainable change by equipping educators to independently deliver the programme. Through this model, we embed mental health learning deeply within the education system, ensuring it reaches young people long after initial delivery.

Impact and reach in 2024/25:

- 100,153 young people reached
- 399 teachers trained
- 74% of participants reported they could apply tools learned in their lives
- 77% reported improved understanding of resilience

Your Resilience

Delivered by our partners, funded by grants from MHUK totalling £198,272 (2024: £179,091)

Your Resilience is designed to proactively support young people who are at greater risk of experiencing poor mental health, especially those from disadvantaged backgrounds, rural communities and ethnic minority groups. Recognising that social inequality and discrimination are major drivers of poor mental health, the programme takes a community-centred approach, addressing the unique challenges faced by these young people. Delivered outside of traditional education settings, Your Resilience offers an accessible and culturally sensitive pathway to better mental health.

Impact and reach in 2024/25:

- 3,866 young people reached
- 416 facilitators trained
- 720 workshops delivered

- 82% of participants felt more able to support family and friends
- 97% felt more confident in their mental health knowledge

Me & Money

Delivered by our partners, funded by grants from MHUK, included within the allocation for Mental Health & Money Advice

As financial pressures mount, particularly for younger generations, Me & Money tackles a critical but often overlooked aspect of mental health: financial wellbeing. The programme goes beyond basic financial literacy to explore the complex, lifelong relationship between money, emotions and mental health. By helping young people understand the underlying beliefs and behaviours that shape their financial lives, Me & Money empowers them to manage money worries before they become entrenched challenges.

Impact and reach in 2024/25:

- 1,573 young people reached since the programme's full launch in September 2024
- 81 workshops delivered
- 83% reported improved understanding of the money-mental health connection
- 78% felt better equipped to manage future financial worries.

Our programmes at work

Too many people with mental health challenges are locked out of employment — and too many workplaces lack the support systems needed to foster wellbeing. Our work-focused programmes help bridge this gap by supporting individuals into meaningful employment, while also partnering with organisations to build mentally healthy, compassionate workplaces.

Into Work

Delivered by our partners, funded by grants from MHUK totalling £304,704 (2024: £204,585)

Meaningful employment can be transformative for mental health. Our award-winning Into Work programme provides holistic, personalised support to people with mental health challenges, helping them move towards work, training or volunteering opportunities. Built on trust and flexibility, the programme addresses each participant's unique barriers and supports them to achieve sustainable change, often with remarkable outcomes.

Impact and reach in 2024/25:

- 252 people supported in Gravesend and Harrow; 505 people supported through Wrexham's Adferiad employment programme
- 114 individuals (45%) moved into employment or volunteering roles in Gravesend and Harrow
- Over 80% improved from low wellbeing categories
- 98% reported meaningful improvements in mental health

Workplace & Training

Delivered directly by MHUK

The workplace has a profound impact on mental health. Our Workplace Mental Health and Training Team works with organisations across sectors to create compassionate and resilient workplaces. This year, we placed a particular focus on burnout prevention, equipping both employees and leaders with the skills to recognise early warning signs and build supportive environments. By embedding mental health awareness into workplace culture, we contribute to lasting, systemic change.

Impact and reach in 2024/25:

- 4,276 people reached over 156 sessions
- Over 90% satisfaction rate
- Worked with organisations such as the Met Police, NHS, Ordnance Survey, Mobico Group,

Bank of America, and Omexom.

Our completed programmes

Rural Communities

Delivered by our partners, funded by grants from MHUK totalling £29,545 (2024: £138,464)

Around 28% of the UK population - approximately 18 million people - live in rural areas, where access to mental health support can be limited. The Rural Communities programme, delivered in partnership with Neptune Energy, set out to raise awareness, build skills, and improve access to support in these communities.

Delivery in England and Wales concluded in 2023/24, followed by Northern Ireland at the end of Q1 and Scotland at the close of 2024/25. The programme's completion marks the end of a successful, time-limited initiative that reached underserved communities and made a lasting impact. Insights and learnings from the programme have been shared publicly on our website to inform future work in rural mental health.

Clic

Delivered by our partners, funded by grants from MHUK totalling £57,321 (2024: £49,935)

With 2.6 million adults across Great Britain reporting that they feel lonely "often" or "always," Clic provided an online space for connection and support. The platform offered a safe, moderated environment for peer-to-peer conversations and access to mental health resources, helping to reduce isolation and promote wellbeing.

Clic supported thousands of people when they needed it most. Following a reduction in demand, Clic closed on 31 March 2025. Its closure reflects a successful delivery against its aims, and we continue to take learnings from our programmes to ensure we are providing people with the best support possible in the evolving landscape of digital mental health.

Feedback from the people we support:

"Into Work gave me hope when I'd lost it. I used to think people like me don't get jobs." - **Sophia, Into Work Client**

"Before you contacted me, I felt I was in a black hole, a deep well with no ladder to get me out; however, after you contacted me, my life has done a complete turnabout and I now have a ladder and I am climbing out of the deep black well" - **Mental Health & Money Advice service member**

"I learnt so much about how to handle stress. I feel like I can manage tough situations better." - **Your Resilience/Bloom participant**

"I have learnt a lot... this workshop has provided me with new knowledge that will help me in the near future, such as using circuit breakers to ease stress and being considerate of others' financial struggles." - **Me & Money participant**

Understanding mental health

In addition to our grant-funded programme activity, we also directly provide education to help people better understand their mental health. Last year there were over 1.8 million views of Mental Health UK's website, with almost 300,000 of that number visiting and viewing content on our advice, information and support pages. On our Mental Health and Money Advice webpage, 85% of surveyed users said that they found the information helpful. With over 300,000 followers across our social media channels and 917 mentions in the media, more people have been able to access quality, evidence-based information about mental health.

The second edition of our Burnout Report, which launched in January 2025, deepened our understanding of the prevalence and experience of burnout across the UK. This year's report allowed us to better understand trends in the experience of burnout, with a generational divide in the experience of burnout presenting as a standout theme.

This year's Burnout Report was shared with a wide audience through extensive media coverage. Media activity to coincide with the launch of the report reached 448m impressions across TV, traditional press and social media. Media highlights included being picked up on the front page of the Times, a write-up from the Telegraph's senior economics reporter, Our CEO, Brian Dow, appearing on Times Radio and Nick Ferrari's Morning LBC show, as well as more coverage on Sky News, The Sun, The Independent, ITV News, Mail, Greatest Hits Radio, People Management and Personnel Today

In addition to the Burnout Report, in May 2024 we launched Menopause, Mental Health, and Me. Developed in collaboration with a Lived Experience Advisory Board, the comprehensive toolkit and accompanying worksheets provide useful advice on managing the symptoms of menopause and practical advice about speaking to others, with a particular focus on the unique relationship between menopause and mental health. After over 16,500 people accessed the free resource as part of a fundraising campaign, Menopause, Mental Health and Me will continue to expand through the creation of more practical advice and resources, driving meaningful change for this important topic.

Fundraising Activities

We would like to extend a massive thank you to all our dedicated supporters, whose commitment of time and money to Mental Health UK makes a huge difference to those using our services — giving people the tools they need to live their best possible lives at home, school and work. In 2024/25 we raised a total of £3.032m across all income streams, including business development for our charitable activities. Our Fundraising team reached its ambitious target generating total donations of £2.528m and exceeding the net contribution target by £263k.

We had 3,627 people taking part in our Events and Community activities raising a total of £734k compared with a target of £578k. With particular success in the London Landmarks Half Marathon (with a team size of nearly 300 runners raising over £130k) and a team of 60 runners in the Paris Marathon, we hope to be allocated more places in both of these events for 2026.

Our community activities continue to go from strength to strength with unsolicited Facebook fundraising increasing over the year. Our July Facebook community campaign raised £75k, driving our Community activity to exceed budget by £82k for the year. We also benefitted from a fundraising gig by musician Sonny Tennen.

In 2024/25 we hosted our 20km GLOW walk in 3 cities — London, Birmingham and Edinburgh — with over 1,000 people taking part across the 3 events and raising over £178k. The Edinburgh event was run in partnership with Change Mental Health and was a great collaborative effort.

The Individual Giving team continued to focus on growing the portfolio of regular and cash givers, launching our menopause campaign, Menopause, Mental Health and Me this year. We recruited 205 direct debit supporters and a further 14,000 new contacts were added to our supporter pool with email opt-ins.

The Corporate Partnerships team celebrated the conclusion of a two-year partnership with Bank of America, raising over £1.1m, including £140,000 from their annual Thanksgiving Day alone. The balance of these funds will continue to support Into Work into 2025/26. Skipton Building Society's partnership generously supported the Mental Health & Money Advice service for a second year, with a transformational donation. A new three-year partnership with PwC was also launched, throughout which we aim to raise £150k. PwC will also provide skilled volunteering support, collaborating on

projects where they can support Mental Health UK's strategy and purpose.

Our fundraising activities are delivered to the highest ethical standards. As a member of the Fundraising Regulator, we proudly follow the standards in the Code of Fundraising Practice. We worked with one professional fundraising agency (Return Fundraising) who managed the telephone element of our menopause appeal. Our fundraising team undertake and observe training of the professional fundraisers to ensure they meet our high standards and regularly monitor phone calls.

We had eight commercial participators in 2024/25 including Nationwide, Gas Distribution Networks, Dune, Class Bento, ThankBox, Cult Beauty, Red Run and Kalms. They all have a contracted relationship with MHUK and are managed by an account manager who meets regularly with their partners to monitor income and to ensure the partnership is compliant with the contract.

We would like to thank the following notable donors:

- Bank of America
- Skipton Building Society
- Ordnance Survey
- Liberty Specialty Markets
- Dune

Complaints

Our processes, supported by our Supporter Promise, ensure we respect people's rights and protect those in vulnerable circumstances. In 2024/25, we received one formal complaint about our fundraising activities, and we took speedy positive remedial action in regard to this complaint. We ensure that all complaints are monitored by our Supporter Care Team and reviewed to ensure best practice is upheld and fundraising activities are optimised.

Financial Review

Total income for the year increased to £3.032m in 2024/25 (2024: £2.877m). Thanks to the generosity of our donors, we grew our income from donations to £2.528m (2024: £2.421m), the majority of which was unrestricted. This growth came in addition to £283k of newly generated commercial income to grow our Mental Health & Money Advice service. Our financial strategy is to continue to grow our unrestricted supporter base to sustain our successful core programmes, while also building new partnerships to develop and deliver new programmes in our core thematic areas, as outlined in Future Plans below.

Our expenditure during this period, £4.898m (2024: £4.934m), is primarily made up of grant making activity, with distributions made to our four founding charity members in accordance with either the restrictions placed on the income received by Mental Health UK or in the case of unrestricted income in accordance with the grant framework agreement. Grants awarded during this period supported the activity outlined above.

Overall, we ran a planned deficit of £1.866m, to sustain a broad range of activity, supported by our restricted reserves of £3.702m carried forward into the year, including £3.155m from our partnership with Lloyds Banking Group.

A summary of the breakdown of our expenditure is included in notes 5-7 of the accounts.

Subsidiary company information

Mental Health UK Services Limited operates as the trading subsidiary of Mental Health UK, providing commercial, consultancy and training services to improve mental health in the workplace. The objective is to generate contribution to support the activities of the Charity. The Subsidiary generated a small surplus in the year which has been distributed to the Charity. We have since restructured our consultancy and training activity and it is our intention to grow this activity further and we expect a surplus in 2025/26.

The financial statements of the Subsidiary have been consolidated into the financial statements of the Group.

Grant-making policy between Mental Health UK and the founding charities

As noted above, many of Mental Health UK's core programme objectives are met by activity delivered by our four founding charity partners, funded by grants from MHUK. Our Trustees determine the core strategic priorities for grant-making activity. Each founding charity, acting as the grant recipient, will submit a detailed programme proposal to MHUK for review. Once the proposal is approved, a Memorandum of Understanding (MoU) is established and signed by both parties, outlining the terms of the grant, including the total budget allocated for the programme.

Following the signing of the MoU, the Charity is required to submit quarterly financial returns based on the activities carried out during the reporting period. These financial returns ensure accountability and transparency regarding the use of grant funds.

Programme activities are closely monitored by MHUK through a combination of methods, including monthly KPI reporting and regular monthly meetings to ensure progress is on track.

Key Risks and Uncertainties

In relation to the overall financial control procedures, the Charity has in place a plan supplemented by an annual budget approved by the Board of Trustees. Monthly actual results are reported against budget and projections to year end are reviewed by senior management (employees of Rethink Mental Illness supporting Mental Health UK under a management agreement), and the Board of Trustees at appropriate points in their meeting cycle. The Charity's day-to-day financial processes are undertaken by Rethink Mental Illness staff, using procedures approved by the Rethink Board. Assurance around compliance with the financial regulations is overseen by the leadership team.

Risks are assessed by the Management Team and escalated to the Board accordingly. Trustees are provided with assurance that the major risks which are identified have been reviewed and evaluated on a programmatic basis, taking account of internal controls, systems and other actions pursued to mitigate them. In this way, the Board is satisfied that the risk management strategy is appropriate to the Charity and they have gained assurance regarding the effectiveness of the risk management processes adopted.

The key strategic risks currently facing Mental Health UK are:

- The ability to continue to generate sufficient income to continue to develop our programmes of work beyond the terms of our existing corporate partnership agreements. As previously indicated, we have a clear strategy in place to secure the long-term sustainability of Mental Health and Money Advice beyond the length of the Lloyds Banking Group partnership to ensure that we manage this risk appropriately.

- The long-term change in corporate fundraising. Whilst mental health continues to be a highly relevant cause for big corporations, the way in which businesses are entering partnerships with charities is changing. We are tracking this trend closely and are developing new multifaceted ways of working with big businesses.

Reserves policy

Mental Health UK recognises the importance of maintaining a reserves policy to provide a prudent level of cover to meet future obligations and guard against unforeseen contingencies on a going concern basis. The reserves of the Charity at the year-end are:

	£'000
Unrestricted reserves – General Funds	671
Restricted Funds	2,195
Total Funds	2,866

Our reserves policy focuses on the level of our “free” reserves. Free reserves are defined as net assets excluding restricted funds and designated funds.

Our unrestricted reserves at 31 March 2025 were £671,000 all of which represent free reserves against a minimum policy level of £135,000. Our minimum level is calculated to ensure MHUK can meet its obligations for support costs to Rethink Mental Illness in the worst-case scenario that income falls to the extent the operating model is no longer viable. The target is sufficient to cover any residual liabilities and redundancies within the support services provided by Rethink Mental Illness in the event of winding up. As free reserves are materially above the minimum we plan to use the funds to support a consistent level of activity while we further grow our income.

The Board will keep its reserves approach under regular review to ensure that an appropriate balance is maintained between developing reserves to provide sufficient funds to meet its forward obligation, to provide a reserve against unforeseen events and to provide adequate resources to fund new initiatives in order to promote the charitable objects of Mental Health UK. Further details of reserves held at 31 March 2025 are shown in note 11 to the financial statements.

Going Concern

The Trustees have a reasonable expectation that the Charity has adequate resources to continue its activities for the foreseeable future. A significant level of restricted reserves is being held which will support our core grant streams over the next two years.

The most significant area of risk to the Charity's going concern is achievement of fundraising and partnership targets. However, as these are being monitored through the monthly management accounts process, this risk is not considered to represent a material uncertainty over the Charity's going concern. Cashflow projections and forecasts have been prepared covering at least 12 months from the signing of these accounts which support the continued operations of the Charity. Accordingly, Trustees continue to adopt the going concern basis in preparing the financial statements as outlined in the Statement of Trustees responsibilities.

Plans for the Future

Programmes

In 2025/26, Mental Health UK will continue to deliver inclusive, evidence-based programmes across our core focus areas: Work, Money, Young People and Women's Mental Health. We remain committed to prevention, early intervention and ensuring our support reaches those most affected by mental health inequalities.

We are actively aligning all programme areas with our future strategy, with a particular focus on scaling what works. This includes refreshing outcomes frameworks, strengthening co-production and using our new Programme Development Pipeline to guide investment decisions and collaborate more closely with fundraising.

Amidst a challenging funding environment, we are focusing on sustainability and deepening impact, especially in communities facing the greatest need.

Home: Women's Mental Health – A targeted approach

We will continue developing targeted women's mental health initiatives, with a focus on menopause and life transitions. Our next steps include securing funding for pilot delivery and evaluation of a menopause programme, shaped by lived experience and partnerships with grassroots and clinical organisations.

Home: Advice and Information – expanding reach

The Rethink Advice and Information Service (RAIS) will remain a vital support for navigating mental health systems. In 2025/26, it will pilot a triage and appointment system, expand co-production and test an AI chatbot for 24/7 advice access. RAIS will also work more closely with other Mental Health UK programmes to deliver wraparound support.

Home / Young People: Financial resilience and Me & Money

We will enhance our financial wellbeing offer through Mental Health & Money Advice and expand our Me & Money programme, which supports young people to build financial resilience. Me & Money will target underserved communities and build on successful pilots to attract scaled investment.

Young People: Early intervention at scale

Our youth programmes (Bloom, Your Resilience, Me & Money) will continue to reach thousands of 14–18-year-olds across all four nations. In 2025/26, we will deepen delivery in priority areas (e.g. London, West Midlands, Kent), embed co-produced adaptations and focus on long-term impact and digital accessibility.

Work: Into Work and Workplace Mental Health

We will scale our Into Work programme, which helps people with mental health conditions find and sustain employment in Harrow, Gravesend, and Wrexham. Following strong evaluation outcomes, we are exploring expansion into new regions and building employer partnerships to enhance workplace inclusion.

Our Workplace Mental Health and Training programme is undergoing a strategic relaunch. Over the next year, we will refresh our offer, improve systems, and pilot new blended models, with a focus on post-training support, ESG alignment and income generation.

All programmes are undergoing a Theory of Change refresh, helping us sharpen impact measurement, policy influence and funder engagement. With these changes, we are building a

future-focused, scalable and sustainable programme portfolio.

Fundraising

With the numbers of people needing our support increasing, we are committed to growing and diversifying our fundraising portfolio in order to meet this demand. The launch of the new MHUK strategy provides the Fundraising Team with a great opportunity to engage Corporate Partners, Trusts and Foundations and Individuals with our vision and plans for the future. We will remain focused on our efforts to build strategic partnerships that align with our mission. We will continue to support organisations to engage on multiple levels with MHUK – including staff involvement, fundraising, workplace and training and much more.

We are particularly excited to be launching our new partnership with Premiership Rugby in 2025 as well as continuing to work closely with PwC on our three-year Charity of the Year partnership which we expect to go from strength to strength.

We will also continue to grow our community of supporters through our acquisition campaigns as well as focusing heavily on providing our supporters and donors with the best possible experience while supporting MHUK.

We are incredibly excited to be hosting GLOW events in London, Birmingham and Edinburgh again in 2025 with the aim to significantly grow participant numbers in all three events. We are also looking forward to seeing our team in London Landmarks Half marathon grow again in 2026.

Name and nature of the Charity

Mental Health UK is a Charitable Incorporated Organisation registered with the Charity Commission of England and Wales since 19 December 2016, Registered Charity no: 1170815. Its governing document is its constitution.

The term “Charity” refers to Mental Health UK and the term “Group” refers to Mental Health UK together with its Subsidiary as set out in note 19.

We are the charity for everyone’s mental health. We challenge the causes of poor mental health and give people the tools they need to live their best possible lives at home, school, and work.

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2025

YEAR ENDED 31 MARCH 2025

Structure, Governance and Management

The Trustees of Mental Health UK are the Charity's Trustees under Charity Law and the Directors of the Charitable Incorporated Organisation. They are responsible for providing leadership, setting strategy and ensuring control. The Chief Executive Officers of our four founding charities are chosen to represent their charity on the Board and three independent Trustees are separately appointed, including the Chair of the Board. Qualifying third party indemnity insurance was in place for the Trustees during the year.

Trustee induction and training is individually tailored according to the background and experience of individuals, most of whom come with experience of working in mental health. Training needs are discussed at appointment and in face to face meetings with the CEO, the Chair, fellow Trustees and Directors. Previous board meetings minutes are provided for context, along with other relevant documents, including strategy documents. Other elements may include attending external training for new Trustees and visits to services around the UK. As Trustee turnover is low and previous experience varies, induction and training is arranged following discussion on what each Trustee requires in order to be an effective Trustee of MHUK.

Day-to-day operations of the organisation are managed by the Chief Executive Officer, Brian Dow, on authority delegated by the Board. The Chief Executive Officer has clearly defined areas of responsibility and accountability.

Mental Health UK has 69 dedicated individuals who form the core management and support team, and are employees of our English founding charity, Rethink Mental Illness. This team draws on the wider resources, knowledge and skills of the 1,000 plus staff within our four founding charities to support activities where required. This model has not only proven cost-efficient and effective but has also enabled Mental Health UK to deliver at pace. Market rates of pay for these individuals are set by Rethink Mental Illness with charges levied to Mental Health UK for their time approved by the Trustees through the annual planning process.

We also received valuable support from volunteers employed by several of our corporate partners, such as Bank of America. Volunteers have worked to support MHUK by contributing to both programme development and delivery, making a difference to the people we exist to support. We would like to thank all volunteers and partners for their commitment.

The Board of Trustees is committed to developing and maintaining high standards of governance throughout the Charity. Our mission "we won't stop until everyone has the tools they need to live their best possible life" lies at the heart of all our work and feeds into the overall strategy, which is set by the Board of Trustees. The latest strategy was adopted at the Board meeting in April 2021 and the strategic objectives have been updated, which have guided work of the Charity for over 5 years.

We have policies and procedures in place that underpin the requirement to act with integrity and in the best interests of the Charity and its charitable purposes.

The Trustees have had due regards to the guidance issued by the Charity Commission on public benefit. They have considered the requirements of the public benefit text and are satisfied that the Charity's activities meet these criteria.

Approved by order of the members of the board of Trustees and signed on their behalf by:



P Jenkins
Chair of the
Trustees
Date: 14/10/2025

STATEMENT OF TRUSTEES' RESPONSIBILITIES FOR THE YEAR ENDED 31 MARCH 2025

The Trustees are responsible for preparing the Trustees' 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 & 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 Group and the Charity and of their incoming resources and application of resources, including their income and expenditure, 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 of the Charities SORP (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Group will continue in business.

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

Approved by order of the members of the board of Trustees and signed on its behalf by:



P Jenkins
Chair of the Trustees
Date: 14/10/2025

Opinion

We have audited the financial statements of Mental Health UK (the 'parent charitable company') and its subsidiary (the 'group') for the year ended 31 March 2025 which comprise the Consolidated Statement of Financial Activities, Consolidated Group and Charity Balance Sheets, Consolidated Statement of Cash Flows and notes to the financial statements, including 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 group's and parent charitable company's affairs as at 31 March 2025, 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 Companies Act 2006.

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 Auditor's Responsibilities for the audit of the financial statements section of our report. We are independent of the group and parent charitable company 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 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. Our evaluation of the trustees' assessment of the entity's ability to continue to adopt the going concern basis of accounting included critical reviews of budgets and forecasts provided.

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 charitable company'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 other information comprises the information included in the annual report other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information

INDEPENDENT AUDITORS REPORT TO THE MEMBERS OF MENTAL HEALTH UK

YEAR ENDED 31 MARCH 2025

contained within the annual report. 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 there is a material misstatement in the financial statements or a material misstatement of the other information. 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.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the trustees' report (incorporating the directors' reports) for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the trustees' report (incorporating the directors' reports) has been prepared in accordance with applicable legal requirements.

In the light of the knowledge and understanding of the group and parent charitable company and their environment obtained in the course of the audit, we have not identified material misstatements in the trustees' report (incorporating the directors' report).

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept by the parent charitable company, or returns adequate for our audit have not been received from branches not visited by us; or
- the parent charitable company's financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of directors' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the trustees' report (incorporating the directors' report) and from the requirement to prepare a strategic report.

Responsibilities of Trustees

As explained more fully in the trustees' responsibilities statement included in the trustees' annual report, the trustees (who are also the directors of the charitable company for the purposes of company law) 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 group's and parent charitable company'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 group or the parent charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor responsibilities for the audit of the financial statements

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 an auditor's report 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:

- Obtaining an understanding of the legal and regulatory frameworks that the entity operates in, focusing on those laws and regulations that had a direct effect on the financial statements;
- Enquiry of management to identify any instances of known or suspected instances of fraud;
- Enquiry of management and those charged with governance around actual and potential litigation and claims;
- Enquiry of management about any instances of non-compliance with laws and regulations;
- Reviewing the design and implementation of control systems in place;
- Testing the operational effectiveness of the controls;
- 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 accounting estimates for bias;
- Reviewing minutes of meetings of those charged with governance;
- 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. This risk increases the more that compliance with a law or regulation is removed from the

INDEPENDENT AUDITORS REPORT TO THE MEMBERS OF MENTAL HEALTH UK

YEAR ENDED 31 MARCH 2025

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 misrepresentation.

A further description of our responsibilities for the financial statements is located on the FRC's website at: www.frc.org.uk/auditorsresponsibilities . This description forms part of our auditor's report.

Use of this report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's 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 charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.



Stuart McKay BSc FCA DChA (Senior Statutory Auditor)

For and behalf of MHA MacIntyre Hudson
Chartered Accountants and Statutory Auditors
6th Floor, 2 London Wall Place
London, EC2Y 5AU

Date: 24/11/2025

MHA is the trading name of MHA Audit Services LLP, a limited liability partnership in England and Wales (registered number OC455542).

CONSOLIDATED STATEMENT OF FINANCIAL ACTIVITIES

YEAR ENDED 31 MARCH 2025

	Note	Unrestricted funds 2025 £	Restricted funds 2025 £	Total funds 2025 £	Total funds 2024 £
Income from:					
Donations and legacies	3	1,488,788	1,039,623	2,528,411	2,421,274
Charitable activities	4	431,893	-	431,893	400,617
Interest Receivable		71,933	-	71,933	54,997
Total income		1,992,614	1,039,623	3,032,237	2,876,888
Expenditure on:					
Raising funds	5	1,074,321	4,205	1,078,526	1,218,024
Charitable activities	5	1,278,021	2,541,641	3,819,662	3,715,584
Total expenditure		2,352,342	2,545,846	4,898,188	4,933,608
Corporation tax payable		-	-	-	5,958
Net movement in funds		(359,728)	(1,506,223)	(1,865,951)	(2,062,678)
Reconciliation of funds:					
Total funds brought forward		1,030,314	3,701,657	4,731,971	6,794,649
Net movement in funds		(359,728)	(1,506,223)	(1,865,951)	(2,062,678)
Total funds carried forward		670,586	2,195,434	2,866,020	4,731,971

CONSOLIDATED GROUP AND CHARITY BALANCE SHEETS

AS AT 31 MARCH 2025

		Group		Charity	
	Note	2025 £	2024 £	2025 £	2024 £
Investment in Subsidiary	14	-	-	2	2
Current assets:					
Debtors	9	1,123,615	183,204	1,131,303	938,927
Cash at bank and in hand		4,245,725	5,932,595	4,125,778	5,106,638
		5,369,340	6,115,799	5,257,081	6,045,565
Creditors: Amounts falling due within one year	10	(2,503,320)	(1,383,828)	(2,391,061)	(1,338,994)
Net current assets		2,866,020	4,731,971	2,866,020	4,706,571
Total assets less current liabilities		2,866,020	4,731,971	2,866,022	4,706,573
Total net assets		2,866,020	4,731,971	2,866,022	4,706,573
Charity Funds:					
Unrestricted	11	670,586	405,131	670,588	379,733
Designated	11	-	625,183	-	625,183
Restricted	11	2,195,434	3,701,657	2,195,434	3,701,657
Total funds		2,866,020	4,731,971	2,866,022	4,706,573

The Charity's net movement in funds for the year was a deficit of £1,865,951 (2024: £2,056,720).

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by:



P Jenkins

Chair of the Trustees

Date: 14/10/2025

The notes on pages 22 to 34 form part of these financial statements.

CONSOLIDATED STATEMENT OF CASH FLOWS

YEAR ENDED 31 MARCH 2025

	Note	2025 £	2024 £
Cash flows from operating activities			
Net cash used in operating activities	12	(1,758,803)	(998,380)
Cashflows from investment activities			
Interest receivable		71,933	54,997
Change in cash and cash equivalents in the year		(1,686,870)	(943,383)
Cash and cash equivalents at the beginning of the year		5,932,595	6,875,978
Cash and cash equivalents at the end of the year		<u>4,245,725</u>	<u>5,932,595</u>

As the Charity held no net debt in either the current or prior years, an analysis of changes in net debt table has not been disclosed.

The notes on pages 22 to 34 form part of these financial statements.

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2025

1. General information

The Charity was set up on 19 December 2016 as a Charitable Incorporated Organisation (CIO), registered in England and Wales, and treated as a public benefit entity.

Its registered office and principal place of business is 28 Albert Embankment, London SE1 7GR.

2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements 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 2015), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

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 required to provide a 'true and fair' view. This departure has involved following the Charities SORP (FRS 102) published on 16 July 2014 rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2005 which has since been withdrawn.

Mental Health UK meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

The Consolidated statement of financial activities (SOFA) and Consolidated balance sheet consolidate the financial statements of the Charity and its subsidiary undertaking, Mental Health UK Services Limited. The results of the Subsidiary are consolidated on a line by line basis.

2.2 Going concern

The budget for 2025/26 projects a net deficit of £1.8m as the Charity invests in Fundraising growth and maintains activity funded by brought forward restricted funds. The financial strategy is to grow and diversify unrestricted fundraising and increase our corporate partnership activity and we remain confident of our long-term financial sustainability in the context of growing awareness of the importance of promoting mental wellbeing, expecting to return to breakeven or surplus in 2027/28.

The Trustees have stress-tested the monthly cash flow using a worst-case scenario with significant shortfalls of income over a two-year period, offset by feasible reductions in expenditure. In this scenario we maintain both liquidity and net assets.

With the strong financial position and ability to reduce grant awards in the event of income shortfalls, the Trustees conclude that the preparation of the annual accounts to 31 March 2025 on the going concern basis is appropriate. The Trustees have not identified any material uncertainties in reaching this conclusion.

2.3 Income

All income is recognised once the Charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Income from contracts for service delivery is matched to the period of delivery, where minimum performance targets have been met.

Grants are included in the Consolidated statement of financial activities on a receivable basis. The balance of income received for specific purposes but not expended during the period is shown in the relevant funds on the Balance sheet. Where income is received in advance of entitlement of receipt, its recognition is deferred and included in creditors as deferred income. Where entitlement occurs before income is received, the income is accrued.

2.4 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, 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 classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Group's objectives, as well as any associated support costs.

Grants payable are charged in the year when the offer is made except in those cases where the offer is conditional, such grants being recognised as expenditure when the conditions attaching are fulfilled. Grants offered subject to conditions which have not been met at the year end are noted as a commitment, but not accrued as expenditure.

All expenditure is inclusive of irrecoverable VAT.

2.5 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.

2.6 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.

2.7 Liabilities and provisions

Liabilities 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.

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2025

Liabilities are recognised at the amount that the Charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

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 Consolidated statement of financial activities as a finance cost.

2.8 Financial instruments

The Group only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

2.9 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Group and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the Trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Group for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

2.10 Critical accounting estimates and areas of judgment

In the application of the accounting policies, Governors are required to make judgement, estimates, and assumptions about the carrying value of assets and liabilities that are not readily apparent from other sources. The estimates and underlying assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

No significant judgements or estimates have been made in the preparation of these financial statements.

2.11 Investment in subsidiary

The Charity holds an investment in the share capital of its trading subsidiary, Mental Health UK Services Limited, of £2. This is recognised in the Charity's Balance Sheet.

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2025

3. Income from donations

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total funds 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 2024 £
Donations	1,419,023	1,039,623	2,458,646	1,541,664	801,749	2,343,413
Legacies	66,615	-	66,615	-	-	-
Grants	3,150	-	3,150	-	77,861	77,861
	<u>1,488,788</u>	<u>1,039,623</u>	<u>2,528,411</u>	<u>1,541,664</u>	<u>879,610</u>	<u>2,421,274</u>

4. Income from charitable activities

	2025 £	2024 £
Mental Health & Money Advice	282,707	-
Workplace Mental Health & Training	137,072	375,801
Clic	-	20,266
Licensing	12,114	4,550
	<u>431,893</u>	<u>400,617</u>

Income from charitable activities was entirely unrestricted in both years. Income from Licensing relates to use of the Charity's brand by our corporate fundraising partners.

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2025

5. Analysis of expenditure						
	Direct costs 2025 £	Support costs 2025 £	Total funds 2025 £	Direct costs 2024 £	Support costs 2024 £	Total funds 2024 £
Raising funds						
Fundraising	982,019	96,507	1,078,526	891,491	326,533	1,218,024
Charitable activity						
MHMA	932,526	270,650	1,203,176	604,836	252,530	857,366
Bloom	668,321	223,508	891,829	668,386	279,064	947,450
Your Resilience	198,272	55,931	254,203	179,091	74,774	253,865
Into Work	304,704	99,078	403,782	204,585	85,418	290,003
Rural Communities	29,545	8,000	37,545	138,464	57,811	196,275
Clic	57,321	22,373	79,694	49,935	20,849	70,784
Helping Communities Prosper	35,267	10,826	46,093	221,282	92,389	313,671
Navigators	-	-	-	77,861	32,508	110,369
Unrestricted grant	300,000	-	300,000	300,000	-	300,000
Total Grant-making Activity	2,525,956	690,367	3,216,323	2,444,440	895,343	3,339,783
 Workplace Mental Health & Training	 116,396	 -	 116,396	 375,801	 -	 375,801
Understanding Mental Health	414,563	72,380	486,943	-	-	-
Total Direct Activity	530,959	72,380	603,339	375,801	-	375,801
 Total Charitable Activity	 3,056,915	 762,747	 3,819,662	 2,820,241	 1,221,876	 3,715,584
 Total expenditure	 4,038,934	 859,254	 4,898,188	 3,711,732	 1,221,876	 4,933,608

The Helping Communities Prosper programme largely ended in 2023/24 with expenditure for 2024/25 relating to an extension of activity in Wales led by Adferiad.

Me and Money activity was funded through grants for Mental Health & Money Advice in 2024/25.

During the year the Trustees agreed an unrestricted grant distribution to partners totalling £300,000 (2024: £300,000) to support the Charity's broader mental health objectives.

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2025

6. Analysis of grants made to delivery partners

By receiving partner organisation:

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total funds 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 2024 £
Rethink Mental Illness	359,689	950,431	1,310,120	532,540	824,200	1,356,740
Change Mental Health	105,662	333,843	439,505	142,139	215,029	357,168
Adferiad	117,563	313,908	431,471	173,147	252,488	425,635
MindWise	61,394	283,466	344,860	106,945	197,952	304,897
	644,308	1,881,648	2,525,956	954,771	1,489,669	2,444,440

By activity:

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total funds 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 2024 £
Bloom	1,024	667,297	668,321	-	668,386	668,386
Navigators	-	-	-	-	77,861	77,861
Rural Communities	3,004	26,541	29,545	-	138,464	138,464
Your Resilience	304	197,968	198,272	-	179,091	179,091
Helping Communities Prosper	54	35,213	35,267	-	221,282	221,282
Into Work	467	304,237	304,704	-	204,585	204,585
Clic	57,321	-	57,321	49,935	-	49,935
Mental Health & Money Advice	282,134	650,392	932,526	604,836	-	604,836
Distribution of Funds to Partners	300,000	-	300,000	300,000	-	300,000
	644,308	1,881,648	2,525,956	954,771	1,489,669	2,444,440

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2025

7. Analysis of support costs

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total funds 2025 £	Total Funds 2024 £
Finance, HR & IT	62,486	206,967	269,453	470,072
Communication	-	-	-	288,335
Management and administration	124,519	412,431	536,950	404,288
Governance	12,257	40,594	52,851	59,181
	<u>199,262</u>	<u>659,992</u>	<u>859,254</u>	<u>1,221,876</u>

Support costs were entirely allocated to activity funded by unrestricted funds in 2023/24.

As our Communications expenditure underpins the Charity's expanded UK-wide policy and campaigning activity, this cost is now reflected in Charitable Activities.

Note A Governance costs

	2025 £	2024 £
Insurance	10,536	10,666
Professional services	28,193	19,761
External audit fees	13,200	11,950
Other governance costs	922	16,804
	<u>52,851</u>	<u>59,181</u>

Note B Net income/(expenditure) for the year is stated after charging:

	2025 £	2024 £
External auditors' fees for audit of the financial statements	13,200	11,950
External auditors' fees for Corporation Tax services	1,050	1,000

8. Trustees' remuneration and expenses

During the year, no Trustees received any remuneration or other benefits (2024 - Nil).

During the year ended 31 March 2025, £251 (2024 - Nil) of travel expenses were incurred in relation to one trustee (2024 - Nil).

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2025

9. Debtors

	Group 2025	Group 2024	Charity 2025	Charity 2024
	£	£	£	£
Due within one year:				
Trade debtors	153,468	70,955	147,526	17,748
Amounts owed by members	842,582	-	842,582	-
Amounts owed by subsidiaries	-	-	13,630	813,070
Prepayments and accrued income	127,565	112,249	127,565	108,109
	<u>1,123,615</u>	<u>183,204</u>	<u>1,131,303</u>	<u>938,927</u>

The amounts owed by members, £842,582 (2024: nil), relates to a Connected Charity Balance Agreement with Rethink Mental Illness, repayable in full by 30 September 2025. No interest is payable on the agreement.

10. Creditors: Amounts falling due within one year

	Group 2025	Group 2024	Charity 2025	Charity 2024
	£	£	£	£
Trade creditors	5,955	6,949	5,955	6,949
Grants payable to members	839,111	865,925	839,111	865,925
Management charge payable to RMI	1,519,211	444,379	1,519,211	409,416
Other taxation and social security	37,259	3,913	-	-
Corporation Tax payable	-	5,958	-	-
Accruals and deferred income	101,784	56,704	26,784	56,704
	<u>2,503,320</u>	<u>1,383,828</u>	<u>2,391,061</u>	<u>1,338,994</u>

Deferred Income

	Group 2025	Group 2024	Charity 2025	Charity 2024
	£	£	£	£
Balance at beginning of year	45,442	354,467	45,442	155,047
Amount released to incoming resources	(45,442)	(324,897)	(45,442)	(125,477)
Amount deferred in year	75,000	15,872	-	15,872
	<u>75,000</u>	<u>45,442</u>	<u>-</u>	<u>45,442</u>

The deferred income balance relates to income received in advance for Mental Health & Money Advice services.

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2025

11. Statement of funds

	Balance at 1 April 2024 £	Income £	Expenditure £	Transfer between Funds £	Balance at 31 March 2025 £
Unrestricted funds	405,131	1,992,614	(2,244,085)	516,926	670,586
Designated funds:					
Clic	11,644	-	(11,644)	-	-
Mental Health & Money Advice	330,306	-	-	(330,306)	-
Fundraising	283,233	-	(96,613)	(186,620)	-
	625,183	-	(108,257)	(516,926)	-
Total Unrestricted funds	1,030,314	1,992,614	(2,352,342)	-	670,586
Restricted funds:					
Lloyds Banking Group	3,155,272	69,995	(1,557,029)	-	1,668,238
Skipton	-	600,250	(300,250)	-	300,000
Allan & Gill Gray	202,072	-	(200,513)	-	1,559
Neptune	226,541	-	(26,541)	-	200,000
Bank of America	117,772	197,569	(289,704)	-	25,637
Other restricted	-	171,809	(171,809)	-	-
Total Restricted funds	3,701,657	1,039,623	(2,545,846)	-	2,195,434
Total of funds	4,731,971	3,032,237	(4,898,188)	-	2,866,020

Represented by:

	Unrestricted funds £	Restricted funds £	Total funds £
Current assets	3,173,906	2,195,434	5,369,340
Creditors due within one year	(2,046,421)	(456,899)	(2,503,320)
	1,127,485	1,738,535	2,866,020

Unrestricted Funds

Unrestricted Funds or free reserves are held to ensure sufficient cover for future obligations, assure the Charity's going concern status and enable the Charity to sustain programme activity through variations in fundraised income.

Designated Funds

During the year, the Trustees agreed to close the designated funds that had been held for Clic, Mental Health & Money Advice and Fundraising investment and transfer remaining balances to unrestricted funds. Clic activity ended in 2024/25, while the Charity continues to commit to Mental Health & Money Advice and investment in Fundraising growth through unrestricted funds.

Restricted Funds

Lloyds Banking Group

The Lloyds Banking Group restricted funds relate to a partnership that ended in 2023. Lloyds have agreed that the remaining balance will support our core programmes in 2025/26, Mental Health & Money Advice, Young People's Programmes and Into Work.

Skipton

Our partnership with Skipton will support additional service for Mental Health & Money Advice through 2025/26.

Allan & Gill Gray

This long-standing partnership enables us to deliver resilience workshops to young people in CAMHS and sports talent pathways. The modest remaining balance will support continuity of Your Resilience in 2025/26.

Neptune

Expenditure in the year supported by Neptune related to our Rural Communities programme which has now completed. The funds carried forward relate to a further grant to support our Into Work programme in 2025/26.

Bank of America

Funding to provide a holistic employment service providing wraparound support to help people back into employment. Our partnership has reached an end, with Bank of America agreeing that the balance held will support Into Work during 2025/26.

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2025

11a. Statement of funds 2024

	Balance at 1 April 2023 £	Income £	Expenditure £	Balance at 31 March 2024 £
Unrestricted funds	1,377,678	1,590,651	(2,563,198)	405,131
Designated funds:				
Clic	47,697	20,266	(56,319)	11,644
Mental Health & Money Advice	573,659	386,361	(629,714)	330,306
Fundraising	436,231	-	(152,998)	283,233
	1,057,587	406,627	(839,031)	625,183
Total Unrestricted funds	2,435,265	1,997,278	(3,402,229)	1,030,314
Restricted funds:				
Lloyds Banking Group	3,751,922	312,610	(909,260)	3,155,272
Johnson & Johnson	-	77,861	(77,861)	-
Allan & Gill Gray	382,873	-	(180,801)	202,072
Neptune	165,005	200,000	(138,464)	226,541
Bank of America	59,584	289,139	(230,951)	117,772
Total Restricted funds	4,359,384	879,610	(1,537,337)	3,701,657
Total of funds	6,794,649	2,876,888	(4,939,566)	4,731,971

Represented by:

	Unrestricted funds £	Designated funds £	Restricted funds £	Total funds £
Current assets	1,788,959	625,183	3,701,657	6,115,799
Creditors due within one year	(959,322)	-	(424,506)	(1,383,828)
	829,637	625,183	3,277,151	4,731,971

12. Reconciliation of net movement in funds to net cash flow from operating activities

	Group 2025 £	Group 2024 £
Net income for the year (as per Statement of Financial Activities)	(1,865,951)	(2,062,678)
Adjustments for:		
Decrease/(Increase) in debtors	(940,411)	1,108,459
Increase/(Decrease) in creditors	1,119,492	10,836
Interest receivable	(71,933)	(54,997)
Net cash provided by operating activities	(1,758,803)	(998,380)

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2025

13. Related party transactions

Rethink Mental Illness in England, Adferiad in Wales, MindWise in Northern Ireland and Change Mental Health in Scotland are all members of Mental Health UK. Mental Health UK is not controlled by any one of these entities.

During the year Mental Health UK awarded grants to members totalling £2,525,956 (2024: £2,444,440) as shown in note 6 above. Of this total, £839,111 (2024: £865,925) was outstanding at the balance sheet date.

Direct staff and related support are provided by Rethink Mental Illness. The total amount payable to Rethink Mental Illness for these charges, and excluding grants payable for the year, was £1,519,211 (2024: £1,198,339). The balance outstanding due to Rethink Mental Illness at the balance sheet date was £1,519,211 (2024: £444,379).

14. Principal subsidiaries

The following was a subsidiary undertaking of the Charity:

Name	Company Number	Registered office or principal place of business	Principal activity
Mental Health UK Services Limited	10201914	The Dumont, 28 Albert Embankment, London, SE1 7GR	The provision of education, training and consultancy services in respect of mental health
Class of shares	Holding	Included in consolidation	Value of share capital
Ordinary	100%	Yes	£2 (2024: £2)

The financial results of the Subsidiary for the year were:

	Income £	Expenditure £	Surplus £	Net assets £
Mental Health UK Services Limited	431,893	(399,103)	32,790	2

Expenditure by the Subsidiary includes a charge from Rethink Mental Illness of £116,396 for the year, covering the cost of direct staff in addition to management costs. This amount is included in the total charge for the Group from Rethink Mental Illness of £1,519,211 in note 13. A further £282,707 was paid on behalf of the Subsidiary by the Charity through the year.

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2025

15. Employees

The Charity had no direct employees in either the current or prior year. Day to day operation of the Charity is undertaken by Rethink Mental Illness staff; a management charge is paid to Rethink Mental Illness for their time.

Key management personnel include those outlined in the Trustees' report. Some of these individuals are employed and remunerated by Rethink Mental Illness and the cost of their salaries, including employers' national insurance and pensions, is included in a management charge paid to Rethink Mental Illness. Salaries explicitly included in this recharge for the Chief Executive Officer, Director of National Programmes and Director of Fundraising totalled £194,136 (2024: £187,431). Other members of key management personnel are included in a general overhead charge based on the share of their departments time dedicated to MHUK activity.

16. Volunteers

Our corporate partners volunteer staff to help the Charity in various ways such as running customer feedback workshops, supporting our fundraising activity and other general volunteering. The financial statements do not include an estimate representing the financial value of volunteer time.

17. Post Balance Sheet Event

On 3 July 2025 a 51% controlling interest in the Mental Health UK Group was acquired by Rethink Mental Illness, bringing Mental Health UK into the Rethink Mental Illness Group and strengthening the long-standing bond between each entity and the wider partnership.

This transaction is classified as a non-adjusting event under Section 32 of FRS 102, as it occurred after the reporting date and does not reflect conditions existing at 31 March 2025. No adjustments have been made to the financial statements for the year ended 31 March 2025.

The trustees believe the acquisition will reduce the risk exposure of each Charity and offer greater opportunities to share resources in a manner that maximises impact for our beneficiaries.

Accounts

Charity number: 1170815

MENTAL HEALTH UK

(a Charitable Incorporated Organisation)

TRUSTEES' REPORT AND FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024

MENTAL HEALTH UK

CONTENTS

	Page
Reference and administration details of the Charity, its Trustees and advisers	1
Trustees' report	2 - 14
Statement of Trustees' responsibilities for the year ended 31 March 2024	15
Independent auditor's report to the members of Mental Health UK	16 - 18
Consolidated statement of financial activities	19
Consolidated group and Charity balance sheets	20
Consolidated statement of cash flows	21
Notes to the financial statements	22 - 33

Trustees

M Robinson (Appointed 1 April 2024)
L Paweleck
M Winstanley
A H Thomas
P Jenkins
A Doherty
N Ward

Charity registered number

1170815

Principal office

28 Albert Embankment
London
SE1 7GR

Independent auditor

MHA
6th Floor
2 London Wall Place
London
EC2Y 5AU

Bankers

NatWest
2nd Floor, 39 Queen Square
Wolverhampton
WV1 1TL

Solicitors

Bates, Well & Braithwaite
10 Queen Street Place
London
EC4R 1BE

The Trustees of Mental Health UK present their Trustees' Report and the Consolidated Financial Statements for the Charity for the year ended 31 March 2024 as required under the Charities Act 2011 and the Companies Act 2006.

Objectives and Activities

Mental Health UK delivers on our charitable objectives by raising funds from individuals, corporate partnerships, trusts and foundations. These funds are distributed to our four founding charities across the UK: Rethink Mental Illness in England, Change Mental Health (formerly Support in Mind) in Scotland, Adferiad in Wales and MindWise in Northern Ireland, to deliver our projects as well as grow their own vital services.

In a rapidly changing world, Mental Health UK brings together the heritage and experience of four charities from across the country who've been supporting people with their mental health for over 50 years.

We challenge the causes of poor mental health and provide people with the tools they need to live their best possible life at home, school and work.

We do this by providing support and services for some of the biggest societal challenges that pose a threat to people's mental health, including money problems, employment, navigating through the system to get the right support, understanding mental health, loneliness and isolation, and resilience in young people.

Working UK-wide, we deliver both national and local services that enable and empower people to understand and manage their mental health in a person-centred and empathetic way.

With our local service delivery and national expertise in supporting people whose lives are affected by mental health problems, we have been able to mark a significant footprint in the areas that deeply challenge our mental health and stability. Our programmes for 2023/24 include:

- **Bloom**
- **Your Resilience**
- **Navigators**
- **Rural Communities**
- **Helping Communities Prosper**
- **Me and Money**
- **Into Work**
- **Clic**
- **Mental Health Money Advice**
- **Workplace and Training**

Mental Health UK provides strategic oversight of our programmes' implementation by the four founding charities in line with our own processes as well as the funder's needs (where income is restricted). Performance is measured on a quarterly basis via our results-based management framework that establishes Key Performance Indicators to ensure we are delivering against agreed outcomes and outputs and identifying learning to strengthen programme delivery. Wherever possible, our programmes are internally and externally evaluated with findings feeding back into programme design, development and implementation to ensure that we continue to have a positive impact on our clients.

Achievements and performance

An overview of our programmes and our key achievements from 2023/24 are highlighted below:

Bloom

With the number of children referred to emergency mental healthcare in England increasing by over 50% in the last three years, our young people's programmes are crucial. Bloom aims to equip 14–18-year-olds with the tools and knowledge needed to maintain their mental health during life's transitions, both now and in the future. Delivered in partnership with schools and colleges, Bloom secures a lasting impact by training professionals who are already working with young people, enabling them to independently deliver our programmes.

Impact and reach in 2023/24:

- **99,634** young people reached
- **1,246** teachers trained
- **78%** of participants felt they could use some of the tools learned in their life
- **79%** felt they had a better understanding of resilience

Your Resilience

Your Resilience is a preventative programme designed to reduce the adversities that harm young people's mental health. With NHS England reporting that up to 1 in 4 young people experienced probable mental ill health in 2022, the need for targeted interventions is clear. This programme focuses on supporting young people most at risk, particularly those from areas of deprivation, rural communities, and ethnic minority backgrounds. Delivered in community settings, Your Resilience addresses the unique barriers these groups face in maintaining their mental health and accessing support.

Impact and reach in 2023/24:

- **5,548** young people reached
- **463** facilitators trained
- **542** workshops delivered
- **86%** of participants felt better able to support their family and friends
- **92%** felt confident in their understanding of mental health

Navigators

Our Community Mental Health Navigators programme was created to change the way care and support is delivered to people living with severe mental illness. By placing Navigators in primary care settings to link people to local services, participants were better supported with their non-medical needs alongside reducing pressure on the clinical services. The programme officially finished at the beginning of the financial year, yet England and Wales partners have successfully identified further funding, and now have four Community Mental Health Navigator posts in England and 12 'Social Navigator' posts in Wales.

Impact and reach before the close of the programme:

- **212** clients supported 2022-23
- **390** clients supported 2021-2022

A joint report from the Tavistock Institute of Human Relations showed:

- Decreased anxiety/exacerbation of health or mental health conditions
- Better adherence to clinical and non-clinical treatments

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2024

YEAR ENDED 31 MARCH 2024

- Non-clinical needs being better met
- Improved access to and engagement in social/ community activities.

Rural Communities

Approximately 28% of the UK population, around 18 million people, live in rural areas, where they often face significant barriers in accessing mental health support. Funded through our partnership with Neptune Energy, the Rural Connections programme aims to increase awareness, develop skills, and improve access to support in rural communities across the UK.

Impact and reach in 2023/24:

- **2,298** individuals reached across the UK:
 - England: **725**
 - Scotland: **82**
 - Wales: **1,398**
 - Northern Ireland: **93**
- **94%** of participants in Scotland reported increased awareness and understanding of mental health following training
- **90%** of participants in Wales reported improved mental wellbeing after using the service
- **82%** of participants in Northern Ireland reported increased awareness and understanding of mental health following training

Helping Communities Prosper

Helping Communities Prosper was a programme funded by the final year of Lloyds Banking Group. With a focus on meeting local needs, the programme enabled communities to create and rebuild vital services for people living with mental health problems, with a particular focus on Black and Minority Ethnic (BAME) communities that have traditionally been underserved when it comes to accessing mental health support. The overall programme officially finished at the beginning of the financial year, but some of the projects have secured localised funding to sustain their activities.

Impact and reach before the close of the programme:

- **100** local community projects supported
- **15** participants from BAME backgrounds enabled to qualify as Boxercise class facilitators and peer support advocates
- Signature Project in Scotland focused on providing PTSD support for men and to date, the project has worked with 44 men
- In Northern Ireland, Beyond Bricks was delivered in primary schools in Belfast, to support P6/P7 pupils. **100%** of teachers who delivered the programme felt it helped children understand and increase their current resilience skills.

Me & Money

With 83% of 17- to 18-year-olds feeling anxious about money due to the cost-of-living crisis, Me & Money addresses the crucial link between financial health and mental wellbeing. This UK-wide programme, co-produced with young people, empowers them with the knowledge, tools, and confidence to better understand their relationship with money and its impact on their mental health.

Impact and reach in 2023/24:

- **1,539** young people reached during the pilot phase

YEAR ENDED 31 MARCH 2024

- **49** organisations reached
- **83%** of participants gained a better understanding of the connection between money and mental health
- **74%** felt more equipped to manage their emotions and feelings around money

Into Work

While 80% of people living with a mental illness want to work, only 20% are employed. Our award-winning Into Work service, alongside workplace mental health programmes, supports individuals with poor mental health in securing employment and helps businesses create supportive, stigma-free work environments.

Impact and reach in 2023/24:

- **437** referrals received across Gravesend, Harrow, and Wrexham
- **344** people supported in creating personalised recovery and vocational plans
- **94** people supported into meaningful employment or volunteering opportunities
- **98%** of clients showed measurable improvement in their mental health after engaging with the service

Clic

With 2.6 million adults across Great Britain feeling lonely "often" or "always," Clic serves as a vital online peer support platform. It connects people across the UK, offering a safe, moderated environment for peer-to-peer conversations and access to mental health resources, helping to reduce isolation and provide essential information.

Impact and reach in 2023/24:

- **1,433** new users signed up
- Over **200,000** page views
- **59%** of Clic user say using the platform has had a positive impact on their mental health
- **79%** of Clic users who would recommend Clic to someone else who is struggling with their mental health

Mental Health and Money Advice Service

In the UK, it is estimated that 50% of people in debt also experience a mental health problem; and one in five people experiencing a mental health problem also experiences money issues. Through our award-winning Mental Health and Money Advice service, Mental Health UK helps people better understand, manage and improve their financial and mental health by providing clear and practical advice and support.

Impact and reach in 2023/24:

- Supported **1,013** clients
- **78%** of clients reported increased wellbeing
- **81%** of clients said the support had improved their ability to manage their money
- **1.2m** people accessed the MHMA website

MHMA achieved **£7.72m** in financial outcomes, consisting of:

- **£3.4m** debts managed
- **£1.27m** debts written off

- **£2.4** benefit gains
- **£16k** charitable payments
- **£546k** other gains

Workplace & Training

Recognising that every workplace is unique, our mental health programmes are tailored to meet specific needs. We deliver mental health training and develop mental health champions within organisations, equipping employees with the knowledge and tools to support their own and their team's mental health.

Impact and reach in 2023/24:

- **76** courses delivered to **1,252** people across **17** organisations
- **94.12%** average satisfaction rate
- In partnership with Lloyds Banking Group, we provided therapeutic coaching to over 1,200 small business owners:
 - **95%** felt the coaching positively impacted their mental health
 - **85%** felt it had a positive impact on their business
- Collaborated with organisations like Aldi, ISG, Lloyds Banking Group, and Bank of America to support employee wellbeing.

Understanding mental health

In addition to our programme activity, the Charity also strives to provide education to help people better understand their mental health. Last year there were over 1.3 million visits to Mental Health UK's website, a 21% increase on the prior year, with over half of that number visiting and viewing content on our advice, information and support pages. With over 250,000 followers across our social media channels and 917 mentions in the media, more people have been able to access quality, evidence-based information about mental health.

One of our biggest education initiatives of 23/24 was the launch of our Burnout Report in January 2024. The report, shaped by the survey results of over 2000 people across the UK, provided a detailed overview of the state of burnout across the UK, and shared much needed advice for individuals and employers on how to challenge the causes of chronic stress. The Burnout Report had 292 media mentions since January and gained widespread media coverage, including in the Times, i News, Guardian, BBC Radio 5 Live, Independent, Express, New European, Women's Health, Stylist magazine, local BBC Radio, a range of other regional radio stations, and HR publications.

Fundraising Activities

We would like to thank our fantastic supporters for continuing to raise and donate funds in support of our work. The generosity and dedication of our supporters has enabled us to help people with our award-winning services across the UK, giving them the tools they need to live their best possible life at home, school and work. Against an economic backdrop that continues to prove challenging for many, we raised £2.421m across income streams including individual giving, events, community, corporate partnerships and trusts. This was £235,000 above our target for the year, £2.186m, thanks to strong corporate partnership support.

Our corporate partnerships team has worked to extend reach in key business sectors including finance, retail and construction. Our partnership with Bank of America, as their chosen Charity of the

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2024

YEAR ENDED 31 MARCH 2024

Year for two years, raised almost £770,000 between April 2023 and March 2024 in support of Into Work and Mental Health Money Advice. We are incredibly grateful to Bank of America and its staff for their fundraising and volunteering efforts.

We successfully increased the number of people supporting Mental Health UK through events and community activities, with 2,166 people taking part in various activities this year, resulting in £481,000 raised for the Charity.

In October we hosted our ever-growing GLOW London event with nearly 600 people taking part in a 20km night walk through the city. In Birmingham, 300 people joined to do the same. Feedback from the event was overwhelmingly positive, and participants collectively raised over £90,000 across the two locations. In 2024/25 we will be working with our Scottish founding charity, Change Mental Health, to roll out a third event location – bringing GLOW to Edinburgh for the first time.

The Individual Giving team continued to focus on growing regular giving, resulting in just under £60,000, a 54% improvement on the previous year. Having tested multiple recruitment channels, the pool of new donors increased by 2,400, generating over £25,000 of income.

Fundraising activities are delivered to the highest ethical standards. As a member of the Fundraising Regulator, we proudly follow the standards in the Code of Fundraising Practice. We work with a professional fundraising agency who manage a face-to-face recruitment team to meet supporters and prospective supporters to raise funds for our work. Our fundraising team undertake and observe training of the professional fundraisers to ensure they meet our high standards and regularly monitor phone calls. We have a Supporter Promise which ensures that people in vulnerable circumstances are protected.

Complaints

During 2023/24 we received various feedback from donors about our activities, including suggestions for improvements, and questions about some communications. We received three formal complaints about our fundraising activities – these were all for the face-to-face programme and we resolved them promptly, with the agency providing immediate feedback both to the Charity and the relevant fundraisers.

Financial Review

These accounts represent the period of operations to from 1st April 2023 to 31st March 2024. The Charity generated £2.877m of income.

Total income for the year reduced from £3.683m in 2022/23 following the winding down of our long-standing partnership with Lloyds Banking Group. Thanks to the generosity of our donors, we generated £2.421m from donations, the majority of which was unrestricted. Our financial strategy is to continue to grow our unrestricted supporter base to sustain our successful core programmes, while also building new partnerships to develop and deliver new programmes in our core thematic areas, as outlined in Future Plans below.

Our expenditure during this period, £4.934m, is primarily made up of grant making activity, with distributions made to our four founding charity members in accordance with either the restrictions placed on the income received by Mental Health UK or in the case of unrestricted income in accordance with the grant framework agreement. Grants awarded during this period supported the activity outlined above.

Overall we ran a planned deficit of £2.057m, before corporation tax payable of £6k, to sustain a broad range of activity, managing down our restricted reserves, including the £3.752m carried forward into the year from our partnership with Lloyds Banking Group.

A summary of the breakdown of our expenditure is included in notes 5-7 of the accounts.

Subsidiary company information

Mental Health UK Services Limited operates as the trading subsidiary of Mental Health UK, it commenced trading during 2021/22 providing commercial, consultancy and training services to improve mental health in the workplace. The objective is to generate contribution to support the activities of the Charity. Following a restructure in the year, the subsidiary broke even in the year (2023: £31,358 surplus) and there will be no gift aid consideration to the Charity during 2024/25. The restructure is intended to streamline consultancy and training activity and provide a more comprehensive service to our corporate partners. It is our intention to grow this activity further and we expect a surplus in 2024/25.

The financial statements of the subsidiary have been consolidated into the financial statements of the Group.

Grant-making policy between Mental Health UK and the founding charities

Our Trustees determine the core strategic priorities for grant-making activity. Each founding charity, acting as the grant recipient, will submit a detailed programme proposal to Mental Health UK for review. Once the proposal is approved, a Memorandum of Understanding (MoU) is established and signed by both parties, outlining the terms of the grant, including the total budget allocated for the programme.

Following the signing of the MoU, the Charity is required to submit quarterly financial returns based on the activities carried out during the reporting period. These financial returns ensure accountability and transparency regarding the use of grant funds.

Programme activities are closely monitored by Mental Health UK through a combination of methods, including monthly KPI reporting and regular monthly meetings to ensure progress is on track.

Key Risks and Uncertainties

In relation to the overall financial control procedures, the Charity has in place a plan supplemented by

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2024

YEAR ENDED 31 MARCH 2024

an annual budget approved by the Board of Trustees. Monthly actual results are reported against budget and projections to year end are reviewed by senior management, and the Board of Trustees at appropriate points in their meeting cycle. The Charity's day-to-day financial processes are governed by financial policies approved by the Board. Assurance around compliance with the financial regulations is overseen by the leadership team.

Risks are assessed by the Management Team and escalated to the Board accordingly. Trustees are provided with assurance that the major risks which are identified have been reviewed and evaluated on a programmatic basis, taking account of internal controls, systems and other actions pursued to mitigate them. In this way, the Board is satisfied that the risk management strategy is appropriate to the Charity and they have gained assurance regarding the effectiveness of the risk management processes adopted.

The key strategic risks currently facing Mental Health UK are considered to be:

- The ability to continue to generate sufficient income to continue to develop our programmes of work beyond the terms of our existing corporate partnership agreements. As previously indicated, we have a clear strategy in place to secure the long-term sustainability of Mental Health and Money Advice beyond the length of the Lloyds Banking Group partnership to ensure that we manage this risk appropriately.
- The long-term change in corporate fundraising. Whilst mental health continues to be a highly relevant cause for big corporations, the way in which businesses are entering partnerships with charities is changing. We are tracking this trend closely and are developing new multifaceted ways of working with big businesses.

Reserves policy

Mental Health UK recognises the importance of maintaining a reserves policy to provide a prudent level of cover to meet future obligations and guard against unforeseen contingencies on a going concern basis. The reserves of the Charity at the year-end are:

	£'000
Unrestricted reserves – General Funds	405
Designated Funds	625
Restricted Funds	3,702
Total Funds	4,732

Our reserves policy focuses on the level of our "free" reserves. Free reserves are defined as net assets excluding restricted funds and designated funds.

Our unrestricted reserves at 31 March 2024 were £411,000 all of which represent free reserves against a target of £135,000. Noting that the Charity can vary grant awards to members in line with affordability and that as grants are payable in arrears, cash usually exceeds the level of reserves, our policy limit is calculated to ensure MHUK can meet its obligations for support costs to Rethink Mental Illness in the worst case scenario that income falls to the extent the operating model is no longer viable. The target is sufficient to cover any residual liabilities and redundancies within the support services provided by Rethink Mental Illness in the event of winding up.

Free reserves are currently held in excess of the reserves policy whilst the Charity reviews and understands its requirements for investment in projects to be funded from free reserves in the coming years, and how best to utilise these funds to support the strategic objectives as detailed in the corporate strategy adopted by the Board in April 2021.

The Board will keep its reserves approach under regular review to ensure that an appropriate balance is maintained between developing reserves to provide sufficient funds to meet its forward obligation, to provide a reserve against unforeseen events and to provide adequate resources to fund new initiatives

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2024

YEAR ENDED 31 MARCH 2024

in order to promote the charitable objects of Mental Health UK. Further details of reserves held at 31 March 2024 are shown in note 13 to the financial statements.

Going Concern

The Trustees have a reasonable expectation that the Charity has adequate resources to continue its activities for the foreseeable future. A significant level of restricted reserves are being held which will support our core grant streams over the next two years.

Areas at risk are the achievement of fundraising and partnership targets and income from our Workplace and Training activity. These are being monitored through the monthly management accounts process. Cashflow projections and forecasts have been prepared covering at least 12 months which support the continued operations of the Charity. Accordingly, they continue to adopt the going concern basis in preparing the financial statements as outlined in the Statement of Trustees responsibilities.

Plans for the Future

Programmes

For 2024-25, Mental Health UK programmes will continue to advance the objectives set in our 2021-25 Strategy by supporting our four founding charities and tackling the most pressing mental health challenges in society. We remain dedicated to being agile and responsive to emerging issues that contribute to poor mental health, with a strong emphasis on prevention and early intervention. Our goal is to create environments where mental well-being is prioritised, driving sustainable improvements within communities.

Recognising that mental health is influenced by intersecting identities such as race, gender, socioeconomic status, and employment status, we have designed our programmes with an intersectional approach to provide equitable and inclusive support. In 2024-25, we will prioritise creating structural changes in workplaces, schools, and homes to foster environments where mental health is supported for all.

To streamline our efforts, we have refined our programmes into four key thematic areas:

1. **Work** – We are dedicated to creating supportive workplaces where mental well-being is prioritised, providing training and resources to ensure every employee feels valued.
2. **Money** – We offer preventative tools to empower individuals to enhance their financial resilience and reduce stress and to improve a person's overall mental well-being.
3. **Young People** – We provide prevention programmes that focus on building resilience among young people to strengthen their mental health.
4. **Women's Mental Health** – We will prioritise women's mental health by developing and implementing targeted initiatives.

Throughout all these areas, our focus on providing **Advice and Information** remains central - empowering those experiencing poor mental health with the knowledge and tools to seek treatment, exercise their rights, and find a way forward.

To support our ongoing work in 2024-25 and further refine our approach, each programme area is developing a strategic plan. These plans will align with our key thematic areas and guide the future direction of Mental Health UK's programmes. By strategically planning within each area, we aim to ensure that our efforts are cohesive, focused, and well-positioned to make a meaningful impact on mental health across the UK.

Some key highlights from our programmes in 2024-25 include:

- **Finishing of two pilots:** We will conclude the Into Work and Me & Money pilots, both of which have demonstrated significant impact, highlighting the critical intersection of mental health, employment and money. Following the completion and thorough evaluation of these pilots, we plan to scale both programmes, allowing us to extend support to more people across the UK.
- **Greater focus on women's mental health:** We will be launching new programme areas specifically focused on women's mental health, with a particular emphasis on the unique challenges posed by menopause. Our programmes will address the broader spectrum of women's mental health, ensuring that support is accessible, inclusive, and responsive to the diverse needs of women across the UK. Through these efforts, we aim to empower women to manage their mental health effectively and improve overall well-being during and beyond menopause.
- **Refining our workplace mental health offering:** We will be refining our workplace mental health offering in response to a planned restructure and evolving workplace mental health needs. Our new approach will emphasise the development of strategic initiatives designed to drive revenue growth and boost market competitiveness. Additionally, we will focus on our existing products,

assessing their commercial viability to ensure they effectively meet the demands of today's workplaces.

Fundraising

Our 5-year Fundraising strategy will enter its second year in 24/25 and the Fundraising Team continue to focus on income growth and diversification in order to support Programme needs.

Our High-Value income streams (Partnerships, Philanthropy and Trusts and Grants) will focus on building and strengthening pipelines in 24/25 with Philanthropy and Trusts and Grants being relatively new income streams for MHUK so we plan to have these areas embedded by the end of 24/25. Our Public Fundraising continues to be successful and in 24/25 we are focusing on the expansion of our flagship event GLOW and on our value exchange activities around the menopause.

In October 2024 we are introducing a third location to our GLOW series (Edinburgh), in collaboration with Change Mental Health. Whilst this is very much a pilot and an exploration of working together as two organisations, planning is underway, and we are excited to see how this can pave the way for future locations and collaborations with MindWise and Adferiad. We are hoping to raise over £150,000 in 24/25 and plan to add one new location each year.

In May 2024 we will launch our value exchange fundraising appeal which includes a 'Menopause, Mental Health and Me' guide designed to help women understand and navigate this life transition. Created in collaboration with a board of 'Experts by Experience' within our menopause working group, the booklet contains advice on managing and tracking symptoms, seeking support, and guidance on how to speak to a GP or employer about menopause. We aim to generate 10,000 leads and recruit 300 regular givers from the appeal.

Name and nature of the Charity

Mental Health UK is a Charitable Incorporated Organisation registered with the Charity Commission of England and Wales since 19 December 2016, Registered Charity no: 1170815. Its governing document is its constitution.

The term "Charity" refers to Mental Health UK and the term "Group" refers to Mental Health UK together with its subsidiary as set out in note 19.

Mental Health UK exists to challenge the causes of poor mental health and provide people with the tools they need to live their best possible life at home, school and work. In a rapidly changing world, we bring together the heritage and experience of four charities from across the country who've been supporting people with their mental health for over 50 years.

Reference and administrative detail

Registered Office:

28 Albert Embankment
London
SE1 7GR

Registered Company Number (England and Wales): CE009425

Registered Charity Number: 1170815

Chair of the Board

Independent Trustee - Paul Jenkins

Trustees:

Chief Executive Officer of Adferiad - Alun Thomas
Chief Executive Officer of MindWise - Anne Doherty
Chief Executive Officer of Rethink Mental Illness - Mark Winstanley
Chief Executive Officer of Change Mental Health - Nicholas Ward
Independent Trustee - Lyn Paweleck
Independent Trustee - Michelle Robinson (appointed 1 April 2024)

Appointment of Trustees

Each of the Chief Executive Officers of our founding Charities are chosen to represent their charity on the Board. Qualifying third party indemnity insurance was in place for the Trustees during the year.

Trustee induction and training is individually tailored according to the background and experience of individuals, most of whom come with experience of working in mental health. Training needs are discussed at appointment and in face to face meetings with the CEO, the Chair, fellow Trustees and Directors. Previous board meetings minutes are provided for context, along with other relevant documents, including strategy documents. Other elements may include attending external training for new Trustees and visits to services around the UK.

As the Trustee turnover is low and previous experience varies, induction and training is arranged following discussion on what each Trustee requires in order to be an effective Trustee of MHUK.

Key Management Personnel

The key management personnel of the Charity are its Trustees and employees of Rethink Mental Illness. A management charge is paid to Rethink Mental Illness for their time. More information on the charges is given in note 17 to the accounts,

Chief Executive Officer: Brian Dow

Senior Executive Officer: Katie Legg (resigned 7th April 2023)

Chief Financial Officer: Tanya Srikanthan (started 20th November 2023)

Tracey Simkins (resigned 31st July 2023)

Director of National Programmes: Deidre Bowen

Director of Fundraising: Caroline Crowther

Director of Campaigns and Communications: James Harris (started 7th April 2023)

Director of Policy and Practice: Lucy Schonegevel (started 1st August 2023)

Structure, Governance and Management

The Trustees of Mental Health UK are the Charity's Trustees under Charity Law and the Directors of the Charitable Incorporated Organisation. They are responsible for providing leadership, setting strategy and ensuring control. The Chief Executive Officers of our four founding charities are chosen to represent their charity on the Board and two independent Trustees were approached at inception.

Day-to-day operations of the organisation are managed by the Chief Executive Officer on authority delegated by the Board. The Chief Executive Officer and the Chief Finance Officer of the Charity each has clearly defined areas of responsibility and accountability.

Mental Health UK has 77 dedicated individuals who form the core management and support team, and are employees of our English founding charity, Rethink Mental Illness. This team draws on the wider resources, knowledge and skills of the 1,000 plus staff within our four founding charities to support activities where required. This model has not only proven cost-efficient and effective but has also enabled Mental Health UK to deliver at pace. Market rates of pay for these individuals are set by Rethink Mental Illness with charges levied to Mental Health UK for their time approved by the Trustees through the annual planning process.

We also have received support from volunteers employed by some of our corporate partners, primarily on Clic where they welcomed new users to the platform, started conversations, and helped create a supportive environment alongside our team of moderators. We would like to thank Bank of America in particular for their volunteers' support this year.

The Board of Trustees is committed to developing and maintaining high standards of governance throughout the Charity. Our mission "we won't stop until everyone has the tools they need to live their best possible life" lies at the heart of all our work and feeds into the overall strategy, which is set by the Board of Trustees. The latest strategy was adopted at the Board meeting in April 2021 and the strategic objectives have been updated, which have guided work of the Charity for over almost 5 years.

We have policies and procedures in place that underpin the requirement to act with integrity and in the best interests of the Charity and its charitable purposes.

The Trustees have had due regards to the guidance issued by the Charity Commission on public benefit. They have considered the requirements of the public benefit text and are satisfied that the Charity's activities meet these criteria.

Approved by order of the members of the board of Trustees and signed on their behalf by:



P Jenkins
Chair of the Trustees
Date: 17 December 24

STATEMENT OF TRUSTEES' RESPONSIBILITIES FOR THE YEAR ENDED 31 MARCH 2024

The Trustees are responsible for preparing the Trustees' 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 & 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 Group and the Charity and of their incoming resources and application of resources, including their income and expenditure, 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 of the Charities SORP (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Group will continue in business.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Group and the Charity's transactions and disclose with reasonable accuracy at any time the financial position of the Group and the Charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the Trust deed. They are also responsible for safeguarding the assets of the Group and the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by order of the members of the board of Trustees and signed on its behalf by:



P Jenkins

Chair of the Trustees

Date: 17 December 2024

Opinion

We have audited the financial statements of Mental Health UK (the 'parent charitable company') and its subsidiaries (the 'group') for the year ended 31 March 2024 which comprise Consolidated Statement of Financial Activities, Consolidated Group and Charity Balance Sheets, Consolidated Statement of Cash Flows and notes to the financial statements, including 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 group's and parent charitable company's affairs as at 31 March 2024, 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 Companies Act 2006.

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 Auditor's Responsibilities for the audit of the financial statements section of our report. We are independent of the group and parent charitable company 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 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. Our evaluation of the trustees' assessment of the entity's ability to continue to adopt the going concern basis of accounting included critical reviews of budgets and forecasts provided.

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 charitable company'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 auditor's report 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

INDEPENDENT AUDITORS REPORT TO THE MEMBERS OF MENTAL HEALTH UK

YEAR ENDED 31 MARCH 2024

we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. 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.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the trustees' report (incorporating the strategic and directors' reports) for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the trustees' report (incorporating the strategic and directors' reports) has been prepared in accordance with applicable legal requirements.

In the light of the knowledge and understanding of the group and parent charitable company and their environment obtained in the course of the audit, we have not identified material misstatements in the trustees' report (incorporating the strategic report and the directors' report).

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept by the parent charitable company, or returns adequate for our audit have not been received from branches not visited by us; or
- the parent charitable company's financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of directors' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit.

Responsibilities of Trustees

As explained more fully in the trustees' responsibilities statement included in the trustees' annual report, the trustees (who are also the directors of the charitable company for the purposes of company law) 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 group's and parent charitable company'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 group or the parent charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor responsibilities for the audit of the financial statements

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 an auditor's report 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:

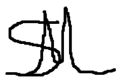
- Obtaining an understanding of the legal and regulatory frameworks that the entity operates in, focusing on those laws and regulations that had a direct effect on the financial statements;
- Enquiry of management to identify any instances of known or suspected instances of fraud;
- Enquiry of management and those charged with governance around actual and potential litigation and claims;
- Enquiry of management about any instances of non-compliance with laws and regulations;
- Reviewing the design and implementation of control systems in place;
- Testing the operational effectiveness of the controls;
- 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 accounting estimates for bias;
- Reviewing minutes of meetings of those charged with governance;
- 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. This 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 misrepresentation.

A further description of our responsibilities for the financial statements is located on the FRC's website at: www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

Use of this report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's 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 charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.



Stuart McKay BSc FCA DChA (Senior Statutory Auditor)

For and behalf of MHA MacIntyre Hudson
Chartered Accountants and Statutory Auditors
6th Floor, 2 London Wall Place
London, EC2Y 5AU

Date: 20/12/2024

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

CONSOLIDATED STATEMENT OF FINANCIAL ACTIVITIES

YEAR ENDED 31 MARCH 2024

	Note	Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 2024 £	Total funds 2023 £
Income from:					
Donations and legacies	3	1,541,664	879,610	2,421,274	3,202,413
Charitable activities	4	400,617	-	400,617	480,102
Interest Receivable		54,997	-	54,997	-
Total income		1,997,278	879,610	2,876,888	3,682,515
Expenditure on:					
Raising funds	5	1,218,024	-	1,218,024	643,132
Charitable activities	5	2,178,247	1,537,337	3,715,584	4,744,959
Total expenditure		3,396,271	1,537,337	4,933,608	5,388,092
Corporation tax payable	18	5,958	-	5,958	-
Net movement in funds		(1,404,951)	(657,727)	(2,062,678)	(1,705,577)
Reconciliation of funds:					
Total funds brought forward		2,435,265	4,359,384	6,794,649	8,500,226
Net movement in funds		(1,404,951)	(657,727)	(2,062,678)	(1,705,577)
Total funds carried forward		1,030,314	3,701,657	4,731,971	6,794,649

CONSOLIDATED GROUP AND CHARITY BALANCE SHEETS

AS AT 31 MARCH 2024

		Group		Charity	
	Note	2024	2023	2024	2023
		£	as restated £	£	as restated £
Investment in subsidiary	14	-	-	2	2
Current assets:					
Debtors	9	183,204	1,291,661	938,927	1,777,551
Cash at bank and in hand		5,932,595	6,875,980	5,106,638	6,143,584
		6,115,799	8,167,641	6,045,565	7,921,135
Creditors: Amounts falling due within one year	10	(1,383,828)	(1,372,992)	(1,338,994)	(1,157,843)
Net current assets		4,731,971	6,794,649	4,706,571	6,763,292
Total assets less current liabilities		4,731,971	6,794,649	4,706,573	6,763,294
Total net assets		4,731,971	6,794,649	4,707,573	6,763,294
Charity Funds:					
Unrestricted	11	405,131	1,377,678	379,733	1,346,323
Designated	11	625,183	1,057,587	625,183	1,057,587
Restricted	11	3,701,657	4,359,384	3,701,657	4,359,384
Total funds		4,731,971	6,794,649	4,706,573	6,763,294

The Charity's net movement in funds for the year was a deficit of £2,056,720 (2023: £1,537,480).

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by:



P Jenkins

Chair of the Trustees

Date: 17 December 2024

The notes on pages 22 to 33 form part of these financial statements.

CONSOLIDATED STATEMENT OF CASH FLOWS

YEAR ENDED 31 MARCH 2024

	Note	2024 £	2023 £
Cash flows from operating activities			
Net cash used in operating activities	12	(998,380)	(2,065,557)
Cashflows from investment activities			
Interest receivable		54,997	-
Change in cash and cash equivalents in the year		(943,383)	(2,065,557)
Cash and cash equivalents at the beginning of the year		6,875,978	8,941,537
Cash and cash equivalents at the end of the year		<u>5,932,595</u>	<u>6,875,980</u>

As the Charity held no net debt in either the current or prior years, an analysis of changes in net debt table has not been disclosed.

The notes on pages 22 to 33 form part of these financial statements.

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2024

1. General information

The Charity was set up on 19 December 2016 as a Charitable Incorporated Organisation (CIO), registered in England and Wales, and treated as a public benefit entity.

Its registered office and principal place of business is 28 Albert Embankment, London SE1 7GR.

2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements 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 2015), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

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 required to provide a 'true and fair' view. This departure has involved following the Charities SORP (FRS 102) published on 16 July 2014 rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2005 which has since been withdrawn.

Mental Health UK meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

The Consolidated statement of financial activities (SOFA) and Consolidated balance sheet consolidate the financial statements of the Charity and its subsidiary undertaking, Mental Health UK Services Limited. The results of the subsidiary are consolidated on a line by line basis.

2.2 Going concern

The budget for 2024/25 projects a net deficit of £2.5m as the Charity invests in Fundraising growth and maintains grant streams funded by Lloyds Banking Group, using £3m of restricted funds carried forward following the winding down of a long-standing partnership. The financial strategy is to grow and diversify unrestricted fundraising and increase our corporate partnership activity and we remain confident of our long-term financial sustainability in the context of growing awareness of the importance of promoting mental wellbeing.

The Trustees have stress-tested the monthly cash flow using a worst-case scenario with significant shortfalls of income over a two-year period, offset by feasible reductions in expenditure. In this scenario our lowest total cash and investment balance would be £408k, demonstrating the Charity's liquidity and financial resilience.

With the strong financial position and ability to reduce grant awards in the event of income shortfalls, the Trustees conclude that the preparation of the annual accounts to 31 March 2024 on the going concern basis is appropriate. The Trustees have not identified any material uncertainties in reaching this conclusion.

2.3 Income

All income is recognised once the Charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Grants are included in the Consolidated statement of financial activities on a receivable basis. The balance of income received for specific purposes but not expended during the period is shown in the relevant funds on the Balance sheet. Where income is received in advance of entitlement of receipt, its recognition is deferred and included in creditors as deferred income. Where entitlement occurs before income is received, the income is accrued.

2.4 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, 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 classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Group's objectives, as well as any associated support costs.

Grants payable are charged in the year when the offer is made except in those cases where the offer is conditional, such grants being recognised as expenditure when the conditions attaching are fulfilled. Grants offered subject to conditions which have not been met at the year end are noted as a commitment, but not accrued as expenditure.

All expenditure is inclusive of irrecoverable VAT.

2.5 Stocks

Stocks are valued at the lower of cost and net realisable value after making due allowance for obsolete and slow-moving stocks. Cost includes all direct costs and an appropriate proportion of fixed and variable overheads.

2.6 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.

2.7 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.

2.8 Liabilities and provisions

Liabilities 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

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2024

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 or the amount it has received as advanced payments for the goods or services it must provide.

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 Consolidated statement of financial activities as a finance cost.

2.9 Financial instruments

The Group only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

2.10 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Group and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the Trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Group for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

2.11 Critical accounting estimates and areas of judgment

In the application of the accounting policies, Governors are required to make judgement, estimates, and assumptions about the carrying value of assets and liabilities that are not readily apparent from other sources. The estimates and underlying assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

No significant judgements or estimates have been made in the preparation of these financial statements.

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2024

3. Income from donations

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £
Donations	1,541,664	801,749	2,343,413	1,866,823	857,177	2,724,000
Grants	-	77,861	77,861	-	478,413	478,413
	<u>1,541,664</u>	<u>879,610</u>	<u>2,421,274</u>	<u>1,866,823</u>	<u>1,335,590</u>	<u>3,202,413</u>

4. Income from charitable activities

	2024 £	2023 £
Workplace Mental Health & Training	375,801	370,736
Licensing	4,550	77,400
Clic Services	20,266	31,966
	<u>400,617</u>	<u>480,102</u>

Income from charitable activities was entirely unrestricted in both years.

5. Analysis of expenditure

	Direct costs 2024 £	Support costs 2024 £	Total funds 2024 £	Direct costs 2023 £	Support costs 2023 £	Total funds 2023 £
Raising funds:						
Fundraising	891,491	326,533	1,218,024	556,587	86,546	643,133
Charitable activity:						
Grants	2,444,440	895,343	3,339,783	3,812,728	592,854	4,405,582
Workplace Mental Health & Training	375,801	-	375,801	339,377	-	339,377
	<u>2,820,241</u>	<u>895,343</u>	<u>3,715,584</u>	<u>4,152,105</u>	<u>592,854</u>	<u>4,744,959</u>
	<u>3,711,732</u>	<u>1,221,876</u>	<u>4,933,608</u>	<u>4,708,692</u>	<u>679,400</u>	<u>5,388,092</u>

The increase in Fundraising expenditure in the year reflects investment in future regular giving growth, to grow a sustainable base of unrestricted donations to support our growth ambitions.

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2024

6. Analysis of grants

By receiving partner organisation:

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £
Rethink Mental Illness	532,540	824,200	1,356,740	325,637	1,893,910	2,219,547
Change Mental Health	142,139	215,029	357,168	88,323	459,824	548,147
Adferiad	173,147	252,488	425,635	49,802	505,721	555,523
MindWise	106,945	197,952	304,897	14,085	475,425	489,510
	954,771	1,489,669	2,444,440	477,847	3,334,880	3,812,727

By activity:

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £
Bloom	-	668,386	668,386	-	653,972	653,972
Navigators	-	77,861	77,861	-	285,706	285,706
Rural Communities	-	138,464	138,464	-	88,122	88,122
Your Resilience	-	179,091	179,091	-	130,396	130,396
Helping Communities	-	-	-	-	-	-
Prosper	-	221,282	221,282	-	459,422	459,422
Into Work	-	204,585	204,585	-	21,989	21,989
Clic	49,935	-	49,935	35,402	88,786	124,188
Mental Health Money	-	-	-	-	-	-
Advice	604,836	-	604,836	142,445	1,151,324	1,293,769
Innovation & Capacity	-	-	-	-	-	-
Building	-	-	-	-	455,163	455,163
Distribution of Funds	-	-	-	-	-	-
to Partners	300,000	-	300,000	300,000	-	300,000
	954,771	1,489,669	2,444,440	477,847	3,334,880	3,812,727

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2024

7. Analysis of support costs

	2024	2023 <i>as restated</i>
	£	£
Finance, HR & IT	470,072	200,711
Communication	288,335	87,764
Management and administration	404,288	356,434
Governance	59,181	34,491
	<u>1,221,876</u>	<u>679,400</u>

Support costs were entirely allocated to activity funded by unrestricted funds in both years. The figure for 2023 has been restated to separate governance costs from finance and management and administration costs. This restatement has not impacted the results for the year ended 31 March 2023.

Finance, HR & IT costs include £276,408 of centrally held irrecoverable VAT for goods and services purchased across all MHUK activities (2023: £113,887). Communication costs increased to £288,335 (2023: £87,764), directly supporting expanded content for our beneficiaries across our core services and supporting our fundraising growth.

Note A Governance costs

	2024	2023
	£	£
Insurance	10,666	10,744
Professional services	19,761	7,792
External audit fees	11,950	15,795
Other governance costs	16,804	160
	<u>59,181</u>	<u>34,491</u>

Note B Net income/(expenditure) for the year is stated after charging:

	2024	2023
	£	£
External auditors' fees for audit of the financial statements	11,950	15,795
External auditors' fees for Corporation	1,000	-
Tax services		

8. Trustees' remuneration and expenses

During the year, no Trustees received any remuneration or other benefits (2023 - £Nil).

During the year ended 31 March 2024, no Trustee expenses have been incurred (2023 - £Nil).

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2024

9. Debtors

	Group 2024 £	Group 2023 as restated £	Charity 2024 £	Charity 2023 as restated £
Due within one year:				
Trade debtors	70,955	387,814	17,748	294,898
Amounts owed by members	-	475,688	-	475,688
Amounts owed by subsidiaries	-	-	844,428	578,806
Prepayments and accrued income	112,249	428,159	108,109	428,159
	<u>183,204</u>	<u>1,291,661</u>	<u>970,285</u>	<u>1,777,551</u>

During the year the Trustees reassessed the classification of assets previously recognised as Stock. Representing fundraising materials, they concluded it most appropriate to show these assets as prepayments, and as such the prior year comparative information has been restated. This restatement has not impacted the results for the year ended 31 March 2023.

10. Creditors: Amounts falling due within one year

	Group 2024 £	Group 2023 as restated £	Charity 2024 £	Charity 2023 as restated £
Trade creditors	6,949	21,918	6,949	21,918
Grants payable to members	865,925	747,160	865,925	108,223
Management charge payable to RMI	444,379	188,366	409,416	-
Other taxation and social security	3,913	15,729	-	-
Corporation Tax payable	5,958	-	-	-
Accruals and deferred income	56,704	399,819	56,704	1,027,701
	<u>1,383,828</u>	<u>1,372,992</u>	<u>1,338,994</u>	<u>1,157,843</u>

During the year the Trustees reassessed the classification of amounts owed to members, which includes grants payable and amounts owed to Rethink Mental Illness (RMI) for management services. They concluded it most appropriate to show these two types of creditor separately, and as such the prior year comparative information has been restated. This restatement has not impacted the results for the year ended 31 March 2023.

Deferred Income

	Group 2024 £	Group 2023 £	Charity 2024 £	Charity 2023 £
Balance at beginning of year	354,467	598,936	155,047	598,936
Amount released to incoming resources	(324,897)	(491,505)	(125,477)	(491,505)
Amount deferred in year	15,872	247,036	15,872	47,616
	<u>45,442</u>	<u>354,467</u>	<u>45,442</u>	<u>155,047</u>

Deferred income includes the balance of funding from Johnson and Johnson to support specific staff members for our Navigators programme and income from Scottish Gas Networks for specific activity to be delivered by Change Mental Health in 2024/25.

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2024

11. Statement of funds

	Balance at 1 April 2023 £	Income £	Expenditure £	Balance at 31 March 2024 £
Unrestricted funds	1,377,678	1,590,651	(2,563,198)	405,131
Designated funds:				
Clic	47,697	20,266	(56,319)	11,644
Mental Health & Money Advice	573,659	386,361	(629,714)	330,306
Fundraising	436,231	-	(152,998)	283,233
	1,057,587	406,627	(839,031)	625,183
Total Unrestricted funds	2,435,265	1,997,278	(3,402,229)	1,030,314
Restricted funds:				
Lloyds Banking Group	3,751,922	312,610	(909,260)	3,155,272
Johnson & Johnson	-	77,861	(77,861)	-
Allan & Gill Gray	382,873	-	(180,801)	202,072
Neptune	165,005	200,000	(138,464)	226,541
Bank of America	59,584	289,139	(230,951)	117,772
Total Restricted funds	4,359,384	879,610	(1,537,337)	3,701,657
Total of funds	6,794,649	2,876,888	(4,939,566)	4,731,971

Represented by:

	Unrestricted funds £	Designated funds £	Restricted funds £	Total funds £
Current assets	1,788,959	625,183	3,701,657	6,115,799
Creditors due within one year	(959,322)	-	(424,506)	(1,383,828)
	829,637	625,183	3,277,151	4,731,971

Designated Funds

Clic:

Clic designated funds represent income generated from the sale of Clic services to be reinvested into continuation of the service, to ensure the income continues to benefit users in full.

Fundraising:

A designated fund to provide investment into long-term fundraising growth, to generate a sustainable base of regular giving supporters. Much of this investment is planned for 2024/25 in line with our fundraising strategy.

Mental Health and Money Advice:

Fund set to support the continuation of the Mental Health & Money Advice Service. The balance will support activity in 2024/25.

Restricted Funds

Lloyds Banking Group:

The Lloyds Banking Group restricted funds relate to an agreement with Mental Health UK to establish and run the Mental Health and Money Advice Services across the four member charities, Rethink Mental Illness, Adferiad, Change Mental Health and MindWise. Much of the balance remaining will support young people's services over the next two years.

Johnson & Johnson:

Our partnership with Johnson & Johnson enables us to pilot a navigation programme in primary care in four locations across the UK. All revenue from this partnership was spent within the year.

Allan & Gill Gray:

This long-standing partnership enables us to deliver resilience workshops to young people in CAMHS and sports talent pathways. The remaining balance will support continuity of Your Resilience in 2024/25.

Neptune:

Funding for supporting people with poor mental health in rural communities. The balance will be applied to the Rural Communities grant stream in 2024/25.

Bank of America:

Funding to provide a holistic employment service providing wraparound support to help people back into employment. While the partnership with Bank of America continues, the balance held here supports continuity of the Into Work grant stream.

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2024

11a. Statement of funds 2023

	Balance at 1 April 2022 £	Income £	Expenditure £	Transfers £	Balance at 31 March 2023 £
Unrestricted funds	1,830,711	2,314,958	(1,977,405)	(790,587)	1,377,678
Designated funds:					
Hopes & Dreams	267,000	-	-	(267,000)	-
Clic	-	31,966	(31,966)	47,697	47,697
Fundraising	-	-	-	436,231	436,231
Mental Health & Money Advice	-	-	-	573,659	573,659
	267,000	31,966	(31,966)	790,587	1,057,587
Total Unrestricted funds	2,097,711	2,346,924	(2,009,371)	-	2,435,265
Restricted funds:					
Lloyds Banking Group	5,906,381	692,224	(2,849,682)	3,000	3,751,923
Johnson & Johnson	3,000	285,706	(285,706)	(3,000)	-
Allan & Gill Gray	335,007	181,087	(133,221)	-	382,873
Neptune	158,127	95,000	(88,122)	-	165,005
Bank of America	-	81,572	(21,989)	-	59,584
Total Restricted funds	6,402,515	1,335,590	(3,378,721)	-	4,359,384
Total of funds	8,500,226	3,682,515	(5,388,092)	-	6,794,649

Represented by:

	Unrestricted funds £	Designated funds £	Restricted funds £	Total funds £
Current assets	2,750,669	1,057,587	4,359,384	8,167,640
Creditors due within one year	(1,372,992)	-	-	(1,372,992)
	1,377,677	1,057,587	4,359,384	6,794,649

12. Reconciliation of net movement in funds to net cash flow from operating activities

	Group 2024 £	Group 2023 £
Net income for the year (as per Statement of Financial Activities)	(2,062,678)	(1,705,577)
Adjustments for:		
Decrease/(Increase) in debtors	1,108,459	307,107
Increase/(Decrease) in creditors	10,836	(667,087)
Interest receivable	(54,997)	-
Net cash provided by operating activities	(998,380)	(2,065,557)

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2024

13. Related party transactions

Rethink Mental Illness in England, Adferiad in Wales, MindWise in Northern Ireland and Change Mental Health in Scotland are all members of Mental Health UK. Mental Health UK is not controlled by any one of these entities.

During the year Mental Health UK awarded grants to members totalling £2,444,440 (2023: £3,334,880) as shown in note 6 above.

Direct staff and related support are provided by Rethink Mental Illness. The total amount payable to Rethink Mental Illness for these charges, and excluding grants payable for the year, was £1,198,339 (2023: £558,680). The balance outstanding due to Rethink Mental Illness at the balance sheet date was £444,379 (2023: £188,366).

14. Principal subsidiaries

The following was a subsidiary undertaking of the Charity:

Name	Company Number	Registered office or principal place of business	Principal activity
Mental Health UK Services Limited	10201914	The Dumont, 28 Albert Embankment, London, SE1 7GR	The provision of education, training and consultancy services in respect of mental health
Class of shares Ordinary	Holding 100%	Included in consolidation Yes	Value of share capital £2 (2023: £2)

The financial results of the subsidiary for the year were:

	Income £	Expenditure £	Deficit £	Net assets £
Mental Health UK Services Limited	375,801	(381,759)	(5,958)	25,402

Expenditure by the subsidiary includes a charge from Rethink Mental Illness of £241,287 for the year, covering the cost of direct staff in addition to management costs. This amount is included in the total charge for the Group from Rethink Mental Illness of £1,198,339 in note 13. A further £134,514 was paid on behalf of the subsidiary by the Charity and is included in the £844,428 owed by the subsidiary to the Charity shown in note 9.

15. Key management personnel

Key management personnel include those outlined in the Trustee's report. These individuals are employed and remunerated by Rethink Mental Illness and the cost of their salaries, including employers' national insurance and pensions, is included in a management charge paid to Rethink Mental Illness. Salaries explicitly included in this recharge for the Chief Executive Officer, Senior Executive Officer, Director of National Programmes and Director of Fundraising totalled £187,431 (2023: £268,451).

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2024

16. Volunteers

Our corporate partners volunteer staff to help the charity in various ways such as running customer feedback workshops, supporting our fundraising activity and other general volunteering. The financial statements do not include an estimate representing the financial value of volunteer time.

17. Employees

The Company had no employees in either the current or prior year, other than the directors, who did not receive any remuneration (2023 £NIL).

18. Corporation Tax

Profits on the subsidiary, MHUK Services Limited, are subject to Corporation Tax at the prevailing rate.

In the year 2022/23 the subsidiary generated taxable profits of £31,358, generating a Corporation Tax liability of £5,958.

	2024	2023
	£	£
MHUK Services Ltd - Profit before taxation	-	31,358
Standard rate Corporation Tax at 19%	-	5,958

Note that there are no timing differences or other adjustments applicable to the Corporation Tax calculation.

Accounts

Charity number: 1170815

MENTAL HEALTH UK

TRUSTEES' REPORT AND FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

MENTAL HEALTH UK

CONTENTS

	Page
Reference and administration details of the Charity, its Trustees and advisers	1
Trustees' report	2 - 12
Statement of Trustees' responsibilities for the year ended 31 March 2023	13
Independent auditor's report to the members of Mental Health UK	14 – 17
Consolidated statement of financial activities	18
Consolidated group and charity balance sheets	19
Consolidated statement of cash flows	20
Notes to the financial statements	21 - 31

MENTAL HEALTH UK

REFERENCE AND ADMINISTRATION DETAILS OF THE CHARITY, ITS TRUSTEES AND ADVISORS

YEAR ENDED 31 MARCH 2023

Trustees

L Paweleck
M Winstanley
A H Thomas
P Jenkins
A Doherty
N Ward

Charity registered number

1170815

Principal office

28 Albert Embankment
London
SE1 7GR

Independent auditor

Crowe U.K. LLP
Black Country House
Rounds Green Road
Oldbury
West Midlands
B69 2DG

Bankers

NatWest
2nd Floor, 39 Queen Square
Wolverhampton
WV1 1TL

Solicitors

Bates, Well & Braithwaite
10 Queen Street Place
London
EC4R 1BE

MENTAL HEALTH UK

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2023

YEAR ENDED 31 MARCH 2023

The Trustees of Mental Health UK present their Trustees Report and the Consolidated Financial Statements for the Charity for the year ended 31 March 2023 as required under the Charities Act 2011 and the Companies Act 2006.

Name and nature of the Charity

Mental Health UK is a Charitable Incorporated Organisation registered with the Charity Commission of England and Wales since 19 December 2016, registered charity no: 1170815. Its governing document is its constitution.

The term "Charity" refers to Mental Health UK and the term "Group" refers to Mental Health UK together with its subsidiary as set out in note 19.

Mental Health UK exists to challenge the causes of poor mental health and provide people with the tools they need to live their best possible life at home, school and work. In a rapidly changing world, we bring together the heritage and experience of four charities from across the country who've been supporting people with their mental health for over 50 years.

Reference and administrative detail

Registered Office:

28 Albert Embankment
London
SE1 7GR

Registered Company Number (England and Wales): CE009425

Registered Charity Number: 1170815

Key management personnel

Chair of the Board

Paul Jenkins

Directors:

Alun Thomas
Anne Doherty
Lyn Paweleck
Mark Winstanley
Nick Ward

Appointment of Trustees

Each of the Chief Executive Officers of our founding Charities are chosen to represent their charity on the Board. Independent Trustees were approached at inception and receive relevant training.

Chief Executive Officer: Brian Dow

Senior Executive Officer: Katie Legg (resigned 7th April 2023)

Chief Financial Officer: Tracey Simkins (resigned 31st July 2023)

Director of Delivery: Deidre Bowen (started 4th April 2022)

Director of Fundraising: Caroline Crowther (started 16th May 2022)

Director of Campaigns and Communications: James Harris (started 7th April 2023)

Director of Policy and Practice: Lucy Schonegevel (started 1st August 2023)

Secretary to the Board: Caroline Cannar

Organisational Structure

The trustees of Mental Health UK are the charity's Trustees under Charity Law and the Directors of the charitable company. They are responsible for providing leadership, setting strategy and ensuring control. The Chief Executive Officers of our four founding charities are chosen to represent their charity on the Board and two independent Trustees were approached at inception.

Day-to-day operations of the organisation are managed by the Chief Executive Officer on authority delegated by the Board. The Chief Executive Officer, Senior Executive Officer and the Chief Finance Officer of the charity each has clearly defined areas of responsibility and accountability.

Mental Health UK has 50 dedicated employees who are seconded from our English founding charity, Rethink Mental Illness and draws on the wider resources and 1,000 plus staff within our four founding charities to support activities where required. This model has not only proven cost-efficient and effective but has also enabled Mental Health UK to deliver at pace.

We also have received support from volunteers employed by some of our corporate partners, primarily on Clic where they ensure new users are welcomed to the platform, start conversations, and report any posts which violate the site's rules to our team of moderators. We would like to thank Lloyds Banking Group, Neptune Energy and Skipton Building Society in particular for their volunteers' support this year.

The Board of Trustees is committed to developing and maintaining high standards of governance throughout the Charity. Our mission "we won't stop until everyone has the tools they need to live their best possible life" lies at the heart of all our work and feeds into the overall strategy, which is set by the Board of Trustees. The latest strategy was adopted at the Board meeting in April 2021 and the strategic objectives have been updated and will guide the work of the charity over the next 5 years.

We have policies and procedures in place that underpin the requirement to act with integrity and in the best interests of the Charity and its charitable purposes.

The Trustees have had due regards to the guidance issued by the Charity Commission on public benefit. They have considered the requirements of the public benefit text and are satisfied that the Charity's activities meet these criteria.

Objectives and Activities

In a rapidly changing world, Mental Health UK brings together the heritage and experience of four charities from across the country who've been supporting people with their mental health for over 50 years.

We challenge the causes of poor mental health and provide people with the tools they need to live their best possible life at home, school and work.

We do this by providing support and services for some of the biggest societal challenges that pose a threat to people's mental health, including money problems, employment, navigating through the system to get the right support, understanding mental health, loneliness and isolation, and resilience in young people.

Working UK-wide, we deliver both national and local services that enable and empower people to understand and manage their mental health in a person-centred and empathetic way.

With our local service delivery and national expertise in supporting people whose lives are affected by mental health problems, we have been able to mark a significant footprint in the areas that deeply challenge our mental health and stability. Our programmes include:

Money problems

In the UK, it is estimated that 50% of people in debt also experience a mental health problem; and one in five people experiencing a mental health problem also experiences money issues. Through our award-winning Mental Health and Money Advice service, Mental Health UK helps people better understand, manage and improve their financial and mental health by providing clear and practical advice and support.

Employment

80% of people living with a mental illness want to work, but only 20% are in employment. Through our Into Work service and workplace mental health programmes, Mental Health UK provides wraparound support to individuals and employers, supporting people living with mental health problems into employment and businesses to create supportive and stigma-free workplace environments.

Navigating through the system

We believe that with the right support, at the right time, people living with mental illness can truly thrive in their community. Through our Community Mental Health Navigators programme, Mental Health UK transforms the way care and support is delivered to people living with severe mental illness by placing Navigators in primary care settings to link people to local services, support their non-medical needs and reduce pressure on the clinical services.

Understanding mental health

We aim to ensure everyone has the information, education and support they need to live their best possible life. Through our websites, social media, training, programmes and services, we promote knowledge, awareness and understanding of mental health, provide access to quality evidence-based support, reduce mental health stigma and help businesses, schools and communities create mentally healthy environments where people are encouraged to protect and maintain their mental wellbeing.

Loneliness and isolation

2.6 million adults across Great Britain report that they feel lonely “often” or “always”. Mental Health UK help people across the UK to connect and support each other through our online peer support platform, Clic. Since Clic’s launch, we’ve helped thousands of people to feel less isolated and find the mental health information they need by offering resources and facilitating a safe, moderated environment for people to chat peer-to-peer online.

Young people’s resilience

75% of mental illnesses start before a person’s 18th birthday. Our young people’s programmes aim to equip 14–18-year-olds with the tools and knowledge to maintain their mental health through life’s transitions, both now and in the future. We deliver the Bloom programme in partnership with schools and colleges and Your Resilience in non-educational settings. Our online resource library and Parenting Hub on Clic also offers support to parents and guardians to confidently engage in conversations about mental health, emotional wellbeing and resilience with young people.

Mental Health UK delivers on our charitable objectives by raising funds from individuals, corporate partnerships, trusts and foundations. These funds are distributed to our four founding charities across the UK: Rethink Mental Illness in England, Change Mental Health (formerly Support in Mind) in Scotland, Adferiad in Wales and MindWise in Northern Ireland, to deliver our projects as well as grow their own vital services.

Mental Health UK provides strategic oversight of our programmes' implementation by the four founding charities in line with our own processes as well as the funder's needs (where income is restricted). Performance is measured on a quarterly basis via our results-based management framework that establishes Key Performance Indicators to ensure we are delivering against agreed outcomes and outputs and identifying learning to strengthen programme delivery. Wherever possible, our programmes are internally and externally evaluated with findings feeding back into programme design, development and implementation to ensure that we continue to have a positive impact on our clients.

Some of our key achievements from 2022/23 are highlighted below.

Achievements and Performance

After the challenges faced by many of us throughout the Covid-19 pandemic, 2022 ushered in a positive shift back towards many aspects of pre-pandemic life. The ability of many programmes and services to go back to in-person delivery, alongside more opportunities to connect with others were welcome. However, it remains clear that the latter has not reduced the need for the former. More of us than ever are looking for advice, information, and support to manage our mental health, whether at home, at school or in the workplace.

For many individuals and families across the UK, financial strains resulting from the cost-of-living crisis is having a negative impact on people's mental health. Evolving challenges require us to develop and offer adaptable programmes and services that are dynamic and able to meet people where they are at, delivering the support people need as and when they need it.

Throughout the last 12 months, there are countless examples of Mental Health UK doing just that. Existing programmes like Mental Health & Money Advice, Clic, Bloom and Your Resilience have continued to go from strength to strength, supporting more people than ever before. With over 1 million people visiting our Mental Health & Money Advice website, we developed our cost-of-living toolkit to help people look after their money and mental wellbeing at a time when household bills are rising. With young people still recovering from two years of disrupted schooling and social life, our young people's programmes have provided a platform to encourage resilience and build the foundational skills for a life of good mental health. Finally, our Workplace Mental Health Team, created in 2021 has also grown, helping to ensure that even as businesses recover from the pandemic, mental health remains a workplace priority.

New programmes were also developed, like Helping Communities Prosper which saw Mental Health UK deliver over 100 projects in local communities across the country. With the focus on meeting local needs, we enabled communities to create and rebuild vital services for people living with mental health problems post-Covid, with a particular focus on Black and Minority Ethnic (BAME) communities that have traditionally been underserved when it comes to accessing mental health support. As well as increasing access to vital services post-pandemic, these projects have strengthened our understanding of the needs of communities across the country.

In the final part of the year, we developed two new programmes: Me & Money and Into Work which will build on our knowledge, understanding and experience to deliver support in the areas, like employment, people tell us they need. Me & Money will be launched as a pilot in Q3 2023/24.

There is always more work to do but as Mental Health UK enters 2023, it enters a new phase of existence with solid foundations. We will continue to grow as a charity, delivering programmes which enable a society where people have the tools to promote good mental health in all areas of their lives.

Key achievements in 2022 included:

Money Problems

Mental Health UK established the Mental Health & Money Advice service in 2017 to help people better understand, manage and improve their financial and mental health. We deliver a remote-access casework service for people living with mental health and money problems, providing access to professionals with a full understanding of the money issues that affect people living with mental illness. By providing support with welfare benefits claims and finding solutions to any debt problems, the service helps people increase their income. There is also a website that provides a wealth of information on how someone can manage their money whilst experiencing a mental health problem.

Last year, Mental Health & Money Advice provided personalised casework support to 1,169 people in 2022 – an 18% increase on 2021. Our website www.mentalhealthandmoneyadvice.org also saw over 1 million visitors – a 28% increase on 2021. These numbers highlight the impact of the cost-of-living crisis in the UK and the impact on people's mental health and wellbeing. We responded directly to the crisis with our cost-of-living toolkit which provides advice and information on managing both money and mental wellbeing at a time when people's bills are going up.

Collectively, our casework service achieved financial gains of £5.8 million which equates to almost £5,000 for everyone who engaged with the service in 2022. 80% of Mental Health & Money Advice clients report that they are better equipped to manage their money after working with the service.

Employment and Workplace Mental Health

The start of 2023 saw Mental Health UK launch Into Work, our new holistic employment service for individuals living with mental health problems, but 2022 was also the first full year of delivery for our Workplace Mental Health team. Working alongside our existing Training team to provide businesses with informative and progressive support to promote positive mental health in the workplace, the team are helping ensure that mental health is a priority in our work environments too. Working with organisations from diverse sectors including construction and retail, we provide therapeutic coaching, facilitated peer support, training and mental health champions to help create a positive work culture that promotes understanding and management of mental health, as well as equipping managers and staff with the tools to support themselves and their colleagues.

In 2022, we trained over 1,600 colleagues at businesses across the UK with 91% saying that the training will have a positive impact on culture and practices in their workplace. We also partnered with Lloyds Banking Group to run our Stronger Mind, Stronger Business programme. Through this partnership, we were able to offer over 1,200 small business owners access to therapeutic coaching sessions to promote good mental health and encourage resilience at a time when businesses across the country are struggling post-Covid and grappling with a cost-of-living crisis. Stronger Mind, Stronger Business was promoted via a national media campaign featuring radio, newspapers, and podcasts.

Navigating through the system

With the right support at the right time, we believe that people living with mental health problems can truly thrive. The right support is about more than good quality medical treatment close to home. It also means support in the areas that we all deal with in our day to day lives – how socially connected we are, the state of our finances, the stability of our housing, our physical health, and our ability to work or volunteer. These are the factors that enable people to move from surviving to thriving.

2022 was the last full year of our Navigators programme which piloted a new model of holistic community-based support within GP surgeries for people experiencing mental illness. By placing four

Community Mental Health Navigators in GP surgeries across the country, we were able to support over 250 people with the non-clinical needs that impact on their mental wellbeing; needs such as obtaining financial and housing advice, accessing foodbanks, submitting benefits applications, finding jobs or volunteering opportunities and attending support groups.

An independent study of the programme pilot found that clients reported improved confidence, self-worth, purpose and physical health, and were more likely to engage in and maintain positive health behaviours. The programme also enabled healthcare services to move support upstream into the community, easing pressure on the NHS a time of increased demand and growing waiting lists. 100% of clinical staff working with our Navigators said that the pilot had a positive impact on their job satisfaction.

The final year of Mental Health UK's partnership with Lloyds Banking Group saw us deliver the Helping Communities Prosper programme, supporting over 100 projects in local communities from Somerset to Fort William, Magherafelt to Anglesey, including pioneering innovative projects with Black and Minority Ethnic communities that have traditionally been underserved when it comes to accessing mental health support.

In Bristol and Halifax, we have worked with individuals, faith and community groups to co-produce new services for people living with mental health problems. Weekly yoga classes, music therapy and digital art groups (Bristol) have provided a way for people to re-engage with others and establish a support network, as well as enabling us to link them with other community mental health services across Bristol. In Halifax, we have supported local community groups such as Mums on a Mission who set up a Boxercise training programme. This programme has enabled 15 participants from BAME backgrounds to qualify as Boxercise class facilitators and peer support advocates, building mental health awareness and widening access to support in the community.

In Birmingham, our Building Bridges project has worked with Gypsy, Roma and Irish Traveller (GRT) communities and those that work with them to reduce mental health stigma and improve access to mental health support and services. Research shows that GRT communities face significant barriers to accessing support and services and as a result face significant health inequalities including a higher prevalence of anxiety and depression compared with settled populations.

Our work in Birmingham has focused on building connections with the Roma community in Ward End in partnership with the Unity Hub, a local community centre. We have delivered a weekly cafe for community members to come together and access support with applications for settled status and other services. Due to mental health stigma in the community, staff steered away from talking explicitly about mental health at the start, however as relationships have been built, people have started to open up about their worries and the pressures they're facing, enabling us to deliver workshops on wellbeing and signpost to other services.

In Cardiff and Edinburgh, we also focused on working with underserved groups. In Cardiff, Adferiad worked with Diverse Cymru to increase access to mental health support and services for minority ethnic communities in the Riverside area of the city. In Edinburgh, Change Mental Health established a peer support group and signposting service for men living with PTSD. Advertised on transport links across the city, the campaign saw a number of men accessing support for the first time.

Understanding mental health

Education is a key part of helping people better understand their mental health. Last year, there were over 1 million visits to Mental Health UK's website, a 35% increase on the previous year with three quarters of visitors viewing content on our advice, information and support pages. With over 200,000 followers across our social media channels, 271 mentions in the media and top three search rankings for our 'Just' Anxiety? Mental Health Awareness Week campaign, more people across the UK have been able to access quality, evidence-based information about mental health.

For those who need further advice and support, our founding charities Rethink Mental Illness and Change Mental Health run helplines offering practical information on living with a mental illness, your rights, financial support and much more. In 2022, almost 6,000 people were supported by Rethink's Advice & Information Service (RAIS) in England with 94% reporting that they had a greater knowledge of the support available to them after talking to our advisors. Although RAIS support as many people as possible, three in every four calls go unanswered due to limited capacity, highlighting demand for the service.

Loneliness and Isolation

Through 2022, we continued to deliver Clic UK, our free online community that helps people to connect and share with others with the aim of reducing loneliness and isolation. Almost 3,500 people joined Clic UK and our new local community platforms serving Bristol, Wiltshire, Swindon and Gloucestershire in the last 12 months, taking the total number of registered users to just under 9,000. These new local sites link in with services provided by our English founder Rethink Mental Illness in those areas and provide users with 24/7 access to information resources, signposting and online peer support. Nearly two-thirds of Clic users report that Clic has had a positive impact on their mental health, while over 80% would recommend the platform to somebody else who is experiencing mental health challenges.

Last year, we also launched Bloom on Clic in partnership with our Young People's Programmes, providing education staff with an online support platform. A total of 547 teachers have signed up to the platform so far and 424 have successfully completed e-learning based on Blooms workshops. By using Clic to expand access to our Bloom programme, we hope to enable even more teachers to support their students' mental health and wellbeing.

Resilience in young people

We continue to deliver our Young People's Programmes: Bloom in educational settings and Your Resilience in the community, Child and Adolescent Mental Health Services (CAMHS) and elite sports talent pathways. Both programmes aim to equip young people aged 14-18 with the knowledge and tools to build and maintain their mental health resilience during life's transitions.

Last year, we delivered over 1,000 workshops, trained almost 2,400 teachers, professionals and coaches and reached over 114,000 young people through Bloom and Your Resilience. We know both programmes are having a positive impact in preparing young people for the future with 86% of those who took part in workshops reporting that they are more aware of their mental health resilience and 92% confident in their understanding of mental health.

In Belfast, our Northern Ireland partner MindWise took learning from our Bloom and Your Resilience to deliver Beyond Bricks, a new project that deploys LEGO™ therapy in primary schools under the Helping Communities Prosper banner. The project was developed in response to research which found increased levels of stress and anxiety among children in Northern Ireland due to Covid-enforced lockdowns and school closures. Co-designed with primary school students and co-delivered with teachers, Beyond Bricks supported children to learn about develop better ways to manage their

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2023

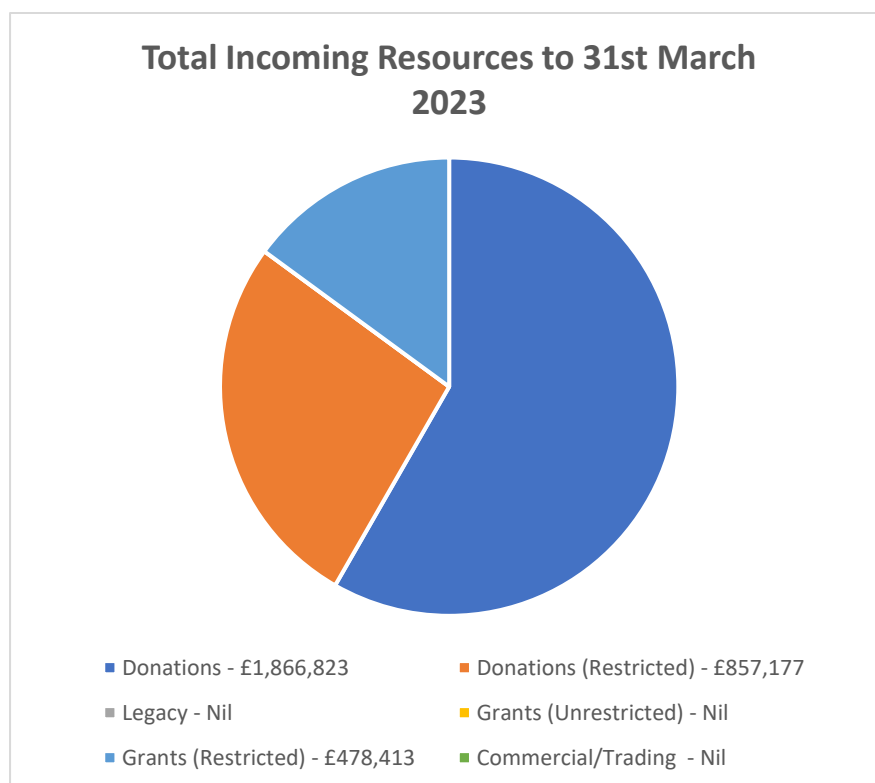
YEAR ENDED 31 MARCH 2023

emotions, focusing on five key aspects of emotional wellbeing: self-awareness, motivation, self-control, social resilience and coping. The impact of Beyond Bricks has been huge for the 250 children who took part in the programme. 88% say that they are now better equipped to understand and express their emotions, with 100% of teachers surveyed reporting that their students have improved emotional literacy skills.

Financial Review

These accounts represent the period of operations to from 1st April 2022 to 31st March 2023. The charity generated £3,202,413 of voluntary income thanks to the generosity of our donors.

The pie chart below indicates that the largest area of fundraising income related to restricted funding from corporate partnerships, which have been assigned against the delivery of a series of programmes of work in agreement with our corporate partners.



Expenditure

Our expenditure during this period is primarily made up of grant making activity, with distributions made to our four founding charity members in accordance with either:

- the restrictions placed on the income received by Mental Health UK
- in the case of unrestricted income in accordance with the grant framework agreement.

Grants awarded during this period supported the ongoing delivery of the Mental Health and Money Advice Service, our young people's programmes Bloom and Your Resilience, the Community Mental Health Navigators programme, Clic, the Rural Connections programme and the new Helping Communities Prosper Programme, as well as supporting our founding member charities to further their existing programmes and initiatives.

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2023

YEAR ENDED 31 MARCH 2023

A summary of the breakdown of our expenditure is included in notes 5-8 of the accounts.

Subsidiary company information

Mental Health UK Services Limited operates as the trading subsidiary of Mental Health UK, it commenced trading during 2021/22 providing commercial and training services.

The financial statements of the subsidiary have been consolidated into the financial statements of the Group.

Key Risks and Uncertainties

In relation to the overall financial control procedures, the Charity has in place a plan supplemented by an annual budget approved by the Board of Trustees. Monthly actual results are reported against budget and projections to year end are reviewed by senior management, and the Board of Trustees at appropriate points in their meeting cycle. The Charity's day-to-day financial processes are governed by financial policies approved by the Board. Assurance around compliance with the financial regulations is overseen by Rethink Mental Illness.

Risks are assessed by the Management Team and escalated to the Board accordingly. Trustees are provided with assurance that the major risks which are identified have been reviewed and evaluated on a programmatic basis, taking account of internal controls, systems and other actions pursued to mitigate them. In this way, the Board is satisfied that the risk management strategy is appropriate to the Charity and they have gained assurance regarding the effectiveness of the risk management processes adopted.

The key strategic risks currently facing Mental Health UK are considered to be:

- The ability to continue to generate sufficient income to continue to develop our programmes of work beyond the terms of our existing corporate partnership agreements. As previously indicated, we have a clear strategy in place to secure the long-term sustainability of Mental Health and Money Advice beyond the length of the Lloyds Banking Group partnership to ensure that we manage this risk appropriately.
- The long-term change in corporate fundraising. Whilst mental health continues to be a highly relevant cause for big corporations, the way in which businesses are entering partnerships with charities is changing. We are tracking this trend closely and are developing new multifaceted ways of working with big businesses.

Reserves policy

Mental Health UK recognises the importance of maintaining a reserves policy to provide a prudent level of cover to meet future obligations and guard against unforeseen contingencies on a going concern basis.

The reserves of the Charity at the year-end are:

	£
Unrestricted reserves – General Funds	1,377,678
Designated Funds	1,057,587
Restricted Funds	4,359,384
Total Funds	<u>6,794,649</u>

Our reserves policy focuses on the level of our "free" reserves. Free reserves are defined as net assets excluding restricted funds, designated funds and the element of general funds that have been used to acquire fixed assets for the Charity's own use.

Our unrestricted reserves at 31 March 2023 were £1,377,678 all of which represent free reserves against a target this year of £135,000. This is sufficient to cover any residual liabilities and redundancies within the support services provided by Rethink Mental Illness as a result of winding up. Free reserves are currently held in excess of the reserves policy whilst the Charity reviews and understands its requirements for investment in projects to be funded from free reserves in the coming years, and how best to utilise these funds to support the strategic objectives as detailed in the corporate strategy adopted by the Board in April 2021.

The Board will keep its reserves approach under regular review to ensure that an appropriate balance is maintained between developing reserves to provide sufficient funds to meet its forward obligation, to provide a reserve against unforeseen events and to provide adequate resources to fund new initiatives in order to promote the charitable objects of Mental Health UK. Further details of reserves held at 31 March 2023 are shown in note 13 to the financial statements.

Going Concern

The Trustees have a reasonable expectation that the Charity has adequate resources to continue its activities for the foreseeable future. The budget set for 2023/24 was based on the Lloyds Banking Group Partnership drawing to a close in December 2022. A significant amount of restricted reserves are being held which will fund the Bloom project for a further 3 years and the Help Communities Prosper project for the financial year. The Board have agreed to support the delivery of the Mental Health and Money Advice programme with unrestricted funds and a focus on fundraising going forward.

Areas at risk are the achievement of fundraising and partnership targets and the external training provision. These are being monitored through the monthly management accounts process. Cashflow projections and forecasts have been prepared covering at least 12 months which support the continued operations of the Charity. Accordingly, they continue to adopt the going concern basis in preparing the financial statements as outlined in the Statement of Trustees responsibilities. The areas considered most at risk are noted above.

Plans for the Future

2023 Programmes

In line with the objectives set out in our new Strategy 2021-25, Mental Health UK continue to support the work of our four founding charities in our existing areas of focus.

2023 will see positive changes for Mental Health UK as we deliver two exciting new programmes: Into Work and Me & Money that will draw on our expertise and enable us to have an even greater influence in two areas (employment and money) that we know can negatively impact on people's mental health and wellbeing.

80% of people living with a mental illness want to work, but only 20% are. Our new Into Work programme is a holistic service that provides wraparound support tackling the barriers people face with their mental health in order to support them back into employment. Funded by our new partnership with the Bank of America, we are piloting Into Work in Gravesend, Harrow and Wrexham over the next two years, aiming to support 200 people to gain employment that has a positive impact on their mental health and wellbeing while also changing the way mental health employment services operate in the UK.

Recent research found that 83% of 17–18-year-olds feel anxious about money as a result of the cost-of-living crisis, but only 8% cite school as their main source of financial education. At Mental Health UK we are concerned that if young people feel anxious about money, then these worries will persist or they may become isolated feeling like they can't afford to do things with their friends, potentially leading to mental health problems like anxiety and depression.

Me & Money aims to equip young people with the tools, knowledge and confidence to manage their money while also understanding the role it can play in impacting their mental health and wellbeing.

Bringing together our experience from Mental Health & Money Advice and our Young People's Programmes, 30 workshops will support 450 young people to understand their attitude to money and increase awareness around making financial decisions through real life scenarios. Our aim is to pilot and evaluate the programme to provide proof of concept before scaling up delivery across the UK.

Alongside Into Work and Me & Money, we will continue to deliver our long-standing Mental Health & Money Advice service, expanding access by enabling people to contact our caseworkers without needing a referral from one of our partners. We will also continue to deliver our young people's programmes Bloom and Your Resilience, as well as Clic, Rural Connections and some projects under the Helping Communities Prosper programme. We will do this right across the UK as we continue to challenge the causes of poor mental health in our lives, in our homes, schools and workplaces, providing people with the tools to live their best possible life.

Fundraising Activities

We are so grateful to our wonderful supporters for continuing to donate and fundraise for us during another challenging year for so many people. Our supporters have helped us to reach people across the UK, giving them the tools they need to live their best possible life at home, school and work. Despite the challenging economic climate, we raised over £3.2million through our fundraising programme across our events, community, corporate partnerships, trusts and individual giving portfolios.

After a phenomenal six years of support, our transformational partnership with Lloyds Banking Group came to an end in December 2022. With funds of over £16m raised, the partnership has helped millions with their mental health. We are very grateful to Lloyds Banking Group and its staff for their dedication and support. Throughout the year, several new partnerships were formed with renowned organisations. Johnson & Johnson generously supported the innovation of a pilot programme, Community Mental Health Navigators, which provided people with a single point of contact for advice on housing and money problems.

We are delighted to report that we have increased the number of people supporting Mental Health UK through events and community activities, with 1,207 people taking part in various activities this year, bringing in around £450k. In October we were once again able to host our London GLOW event with over 300 people taking part in a 20km night walk through London. Feedback from the event was amazing and it raised an incredible £53,000. We are looking to build on its success in next year.

Finally, building on our new regular giving value-exchange product that we launched in September 2021, we have launched three subsequent iterations of the campaign which have recruited a total of over 750 new regular givers, each giving an average gift of over £5 per month by direct debit.

During the year, Mental Health UK worked with professional agencies to deliver creative and digital services. Fundraising activities and engagement with supporters were managed directly by the team.

We received one complaint about our fundraising activities.

Registered with the Fundraising Regulator, all of our fundraising activities are carried out in line with the Code of Fundraising Practice. We take great care with our supporters' data, guided by ICO regulation and set out in our Privacy Policy.

Our Supporter Promise sets out our high standards in engaging with supporters.

Approved by order of the members of the board of Trustees and signed on their behalf by:

A handwritten signature in black ink that reads "Paul Jenkins". The signature is written in a cursive style and is contained within a thin black rectangular border.

P Jenkins

Chair of the Trustees

Date: 30th November 2023

STATEMENT OF TRUSTEES' RESPONSIBILITIES FOR THE YEAR ENDED 31 MARCH 2022

The Trustees are responsible for preparing the Trustees' 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 & 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 Group and the Charity and of their incoming resources and application of resources, including their income and expenditure, 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 of the Charities SORP (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Group will continue in business.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Group and the Charity's transactions and disclose with reasonable accuracy at any time the financial position of the Group and the Charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the Trust deed. They are also responsible for safeguarding the assets of the Group and the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by order of the members of the board of Trustees and signed on its behalf by:



P Jenkins
Chair of the Trustees
Date 30th November 2023

Opinion

We have audited the financial statements of Mental Health UK (the 'parent charity') and its subsidiaries (the 'group') for the year ended 31 March 2023 which comprise the Consolidated statement of financial activities, the Consolidated balance sheet, the Charity balance sheet, the Consolidated statement of cash flows and the related notes, 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).

The financial statements have been prepared in accordance with Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standards applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has been withdrawn.

This has been done in order for the accounts to provide a true and fair view in accordance with the Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

In our opinion the financial statements:

- give a true and fair view of the state of the Group's and of the parent charity's affairs as at 31 March 2023 and of the Group's 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 Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the Group in accordance with the ethical requirements that are relevant to our audit of the financial statements in the United Kingdom, including the Financial Reporting Council'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 Group's or the parent 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 other information comprises the information included in the Annual report other than the financial statements and our Auditor's report thereon. The Trustees are responsible for the other information contained within the Annual report. 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. 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 course of 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 Trustees' report is inconsistent in any material respect with the financial statements; or
- the parent Charity has not kept sufficient accounting records; or
- the parent Charity 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 Trustees' responsibilities statement, the Trustees are responsible for the preparation of the financial statements which 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 Group's and the parent 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 Group or the parent charity or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

We have been appointed as auditor under section 151 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 an Auditor's report 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 extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

Extent to which the audit was considered capable of detecting irregularities, including fraud.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We identified and assessed the risks of material misstatement of the financial statements from irregularities, whether due to fraud or error, and discussed these between our audit team members. We then designed and performed audit procedures responsive to those risks, including obtaining audit evidence sufficient and appropriate to provide a basis for our opinion.

We obtained an understanding of the legal and regulatory frameworks within which the charitable company, focusing on those laws and regulations that have a direct effect on the determination of material amounts and disclosures in the financial statements. The laws and regulations we considered in this context were the Companies Act 2006, the Charities Act together with the Charities SORP (FRS 102). We assessed the required compliance with these laws and regulations as part of our audit procedures on the related financial statement items.

In addition, we considered provisions of other laws and regulations that do not have a direct effect on the financial statements but compliance with which might be fundamental to the charitable company's ability to operate or to avoid a material penalty. We also considered the opportunities and incentives that may exist within the charitable company for fraud. The laws and regulations we considered in this context for the UK operations were General Data Protection Regulation (GDPR), Health and safety legislation, and Employment legislation.

Auditing standards limit the required audit procedures to identify non-compliance with these laws and regulations to enquiry of the Trustees and other management and inspection of regulatory and legal correspondence, if any.

We identified the greatest risk of material impact on the financial statements from irregularities, including fraud, to be within the timing of recognition of income and the override of controls by management. Our audit procedures to respond to these risks included enquiries of management, and the Audit and Quality Assurance Committee about their own identification and assessment of the risks of irregularities, sample testing on the posting of journals, designing audit procedures over income, reviewing accounting estimates for biases, reviewing regulatory correspondence with the Charity Commission, and reading minutes of meetings of those charged with governance.

Owing to the inherent limitations of an audit, there is an unavoidable risk that we may not have detected some material misstatements in the financial statements, even though we have properly planned and performed our audit in accordance with auditing standards. For example, the further removed non-compliance with laws and regulations (irregularities) is from the events and transactions reflected in the financial statements, the less likely the inherently limited procedures required by auditing standards would identify it. In addition, as with any omissions, misrepresentations, or the override of internal controls. We are not responsible for preventing audit, there remained a higher risk of non-detection of irregularities, as these may involve collusion, forgery, intentional non-compliance and cannot be expected to detect non-compliance with all laws and regulations.

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 Auditor's report.

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 Auditor's 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 its trustees, as a body, for our audit work, for this report, or for the opinions we have formed.

Crowe UK LLP

Crowe U.K. LLP

Statutory Auditor

Black Country House

Rounds Green Road

Oldbury

West Midlands

B69 2DG

Date: 15 December 2023

Crowe U.K. LLP are eligible to act as auditors in terms of section 1212 of the Companies Act 2006

CONSOLIDATED STATEMENT OF FINANCIAL ACTIVITIES

YEAR ENDED 31 MARCH 2023

	Note	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £	Total funds 2022 £
Income from:					
Donations and legacies	3	1,866,823	1,335,590	3,202,413	5,130,021
Charitable activities	4	480,102	-	480,102	603,066
Total income		2,346,924	1,335,590	3,682,515	5,733,087
Expenditure on:					
Raising funds		643,132	-	643,132	163,751
Charitable activities		1,366,238	3,378,721	4,744,959	4,204,795
Other		-	-	-	-
Total expenditure		2,009,370	3,378,721	5,388,092	4,348,546
Net movement in funds		337,554	(2,043,131)	(1,705,577)	1,384,541
Reconciliation of funds:					
Total funds brought forward		2,097,711	6,402,515	8,500,226	7,115,685
Net movement in funds		337,554	(2,043,131)	(1,705,577)	1,384,541
Total funds carried forward		2,435,265	4,359,384	6,794,649	8,500,226

CONSOLIDATED GROUP AND CHARITY BALANCE SHEETS

AS AT 31 MARCH 2023

	Note	Group 2023 £	2022 £	Charity 2023 £	2022 £
Current assets:					
Stocks	10	8,171	4,485	8,171	4,485
Debtors	11	1,283,490	1,594,283	1,769,379	1,591,865
Cash at bank and in hand		6,875,980	8,941,537	6,143,584	8,562,786
		<u>8,167,640</u>	<u>10,540,305</u>	<u>7,921,135</u>	<u>10,159,136</u>
Creditors: Amounts falling due within one year	12	<u>(1,372,992)</u>	<u>(2,040,079)</u>	<u>(1,157,843)</u>	<u>(1,858,364)</u>
Net current assets		<u>6,794,650</u>	<u>8,500,226</u>	<u>6,763,292</u>	<u>8,300,772</u>
Total assets less current liabilities		<u>6,794,650</u>	<u>8,500,226</u>	<u>6,763,292</u>	<u>8,300,772</u>
Total net assets		<u>6,794,650</u>	<u>8,500,226</u>	<u>6,763,292</u>	<u>8,300,772</u>
Charity Funds:					
Unrestricted	13	1,377,677	2,097,711	1,346,319	1,898,257
Designated	13	1,057,587		1,057,587	
Restricted	13	4,359,384	6,402,515	4,359,384	6,402,515
Total funds		<u>6,794,650</u>	<u>8,500,226</u>	<u>6,763,292</u>	<u>8,300,772</u>

The Charity's net movement in funds for the year was a deficit of £1,537,480 (2022: £1,185,087).

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by:

P Jenkins

Chair of the Trustees

Date:

The notes on pages 12 to 22 form part of these financial statements.

CONSOLIDATED STATEMENT OF CASH FLOWS

YEAR ENDED 31 MARCH 2023

	2023 £	2022 £
Cash flows from operating activities		
Net cash used in operating activities	(2,065,557)	2,890,049
Change in cash and cash equivalents in the year	(2,065,557)	2,890,049
Cash and cash equivalents at the beginning of the year	8,941,537	6,051,488
Cash and cash equivalents at the end of the year	<u>6,875,980</u>	<u>8,941,537</u>

The notes on pages 12 to 22 form part of these financial statements.

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2023

1. General information

The Charity was set up on 19 December 2016 as a Charitable Incorporated Organisation (CIO), registered in England and Wales, and treated as a public benefit entity.

Its registered office and principal place of business is 28 Albert Embankment, London SE1 7GR.

2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements 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 2015), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

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 required to provide a 'true and fair' view. This departure has involved following the Charities SORP (FRS 102) published on 16 July 2014 rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2005 which has since been withdrawn.

Mental Health UK meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

The Consolidated statement of financial activities (SOFA) and Consolidated balance sheet consolidate the financial statements of the Charity and its subsidiary undertaking, Mental Health UK Services Limited. The results of the subsidiary are consolidated on a line by line basis.

2.2 Going concern

After making enquiries, the Trustees have a reasonable expectation that the Charity has adequate resources to continue its activities for the foreseeable future. Accordingly, they continue to adopt the going concern basis in preparing the financial statements as outlined in the Statement of Trustees responsibilities.

2.3 Income

All income is recognised once the Charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

The recognition of income from legacies is dependent on establishing entitlement, the probability of receipt and the ability to estimate with sufficient accuracy the amount receivable. Evidence of entitlement to a legacy exists when the Charity has sufficient evidence that a gift has been left to them (through knowledge of the existence of a valid will and the death of the benefactor) and the executor is satisfied that the property in question will not be required to satisfy claims in the estate. Receipt of a legacy must be recognised when it is probable that it will be received and the fair value of the amount receivable, which will generally be the expected cash amount to be distributed to the Charity, can be reliably measured.

Grants are included in the Consolidated statement of financial activities on a receivable basis. The balance of income received for specific purposes but not expended during the period is shown in the relevant funds on the Balance sheet. Where income is received in advance of entitlement of receipt, its recognition is deferred and included in creditors as deferred income. Where entitlement occurs before income is received, the income is accrued.

2.4 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, 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 classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Group's objectives, as well as any associated support costs.

Grants payable are charged in the year when the offer is made except in those cases where the offer is conditional, such grants being recognised as expenditure when the conditions attaching are fulfilled. Grants offered subject to conditions which have not been met at the year end are noted as a commitment, but not accrued as expenditure.

All expenditure is inclusive of irrecoverable VAT.

2.5 Investments

Fixed asset investments are a form of financial instrument and are initially recognised at their transaction cost and subsequently measured at fair value at the Balance sheet date, unless the value cannot be measured reliably in which case it is measured at cost less impairment. Investment gains and losses, whether realised or unrealised, are combined and presented as 'Gains/(Losses) on investments' in the Consolidated statement of financial activities.

Investments in subsidiaries are valued at cost less provision for impairment.

2.6 Stocks

Stocks are valued at the lower of cost and net realisable value after making due allowance for obsolete and slow-moving stocks. Cost includes all direct costs and an appropriate proportion of fixed and variable overheads.

2.7 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.

2.8 Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2023

short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

2.9 Liabilities and provisions

Liabilities 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 or the amount it has received as advanced payments for the goods or services it must provide.

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 Consolidated statement of financial activities as a finance cost.

2.10 Financial instruments

The Group only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

2.11 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Group and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the Trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Group for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

2.12 Critical accounting estimates and areas of judgment

In the application of the accounting policies, Governors are required to make judgement, estimates, and assumptions about the carrying value of assets and liabilities that are not readily apparent from other sources. The estimates and underlying assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

No significant judgements or estimates have been made in the preparation of these financial statements.

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2023

3. Income from donations and legacies

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £	Unrestricted funds 2022 £	Restricted funds 2022 £	Total funds 2022 £
Donations	1,866,823	857,177	2,724,000	1,667,758	2,681,253	4,349,011
Legacies	-	-	-	12,000	-	12,000
Grants	-	478,413	478,413	5,000	764,010	769,010
	<u>1,866,823</u>	<u>1,335,590</u>	<u>3,202,413</u>	<u>1,684,758</u>	<u>3,445,263</u>	<u>5,130,021</u>

4. Income from charitable activities

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £	Unrestricted funds 2022 £	Restricted funds 2022 £	Total funds 2022 £
Commercial	77,400	-	77,400	-	-	-
Other	402,702	-	402,702	603,066	-	603,066
	<u>480,102</u>	<u>-</u>	<u>480,102</u>	<u>603,066</u>	<u>-</u>	<u>603,066</u>

5. Analysis of expenditure

	Direct costs 2023 £	Support costs 2023 £	Total funds 2023 £	Direct costs 2022 £	Support costs 2022 £	Total funds 2022 £
Raising funds:						
Fundraising	556,587	86,546	643,132	151,333	12,418	163,751
Charitable activity:						
Grants	4,152,105	592,854	4,744,959	3,477,024	285,325	3,762,349
Other expenditure:						
Commercial & educational costs	-	-	-	422,446	-	422,446
	<u>4,708,692</u>	<u>679,399</u>	<u>5,388,092</u>	<u>4,050,803</u>	<u>297,743</u>	<u>4,348,546</u>

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2023

6. Analysis of grants

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £	Unrestricted funds 2022 £	Restricted funds 2022 £	Total funds 2022 £
Rethink Mental Illness	325,637	1,893,910	2,219,547	313,797	1,715,897	2,029,694
Change Mental Health	88,323	459,824	548,147	30,560	405,075	435,635
Adferiad	49,802	505,721	555,523	57,752	537,185	594,937
Mindwise	14,085	475,425	489,510	10,435	406,323	416,758
	<u>477,847</u>	<u>3,334,881</u>	<u>3,812,728</u>	<u>412,543</u>	<u>3,064,481</u>	<u>3,477,024</u>

7. Analysis of support costs

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £	Unrestricted funds 2022 £	Restricted funds 2022 £	Total funds 2022 £
Finance, HR & IT	239,220	-	239,220	201,567	-	201,567
Communication	73,916	-	73,916	32,551	-	32,551
Management and administration	366,263	-	366,263	63,625	-	63,625
	<u>679,399</u>	<u>-</u>	<u>679,399</u>	<u>297,743</u>	<u>-</u>	<u>297,743</u>

8. Net income/(expenditure)

	2023 £	2022 £
This is stated after charging:		
Auditors remuneration	<u>15,795</u>	<u>7,950</u>

9. Trustees remuneration and expenses

During the year, no Trustees received any remuneration or other benefits (2022 - £Nil).

During the year ended 31 March 2023, no Trustee expenses have been incurred (2022 - £Nil).

10. Stocks

	Group 2023 £	Group 2022 £	Charity 2023 £	Charity 2022 £
Stock	<u>8,171</u>	<u>4,485</u>	<u>8,171</u>	<u>4,485</u>

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2023

11. Debtors

	Group 2023 £	Group 2022 £	Charity 2023 £	Charity 2022 £
Due after more than one year:				
Amounts owed by members	-	475,688	-	475,688
Due within one year:				
Trade debtors	387,814	357,167	294,897	354,749
Amounts owed by members	475,688	600,000	475,688	600,000
Amounts owed by subsidiaries	-	-	578,806	-
Prepayments and accrued income	419,988	161,428	419,988	161,428
	<u>1,283,490</u>	<u>1,594,283</u>	<u>1,969,379</u>	<u>1,591,865</u>

12. Creditors: Amounts falling due within one year

	Group 2023 £	Group 2022 £	Charity 2023 £	Charity 2022 £
Trade creditors	12,918	11,744	21,918	11,744
Amounts owed to members	108,223	-	108,223	-
Amounts owed to subsidiaries	-	-	-	78,655
Other taxation and social security	15,729	33,932	-	22,240
Other creditors	-	119,039	-	119,039
Accruals and deferred income	1,227,121	1,875,364	1,027,701	1,626,686
	<u>1,372,992</u>	<u>2,040,079</u>	<u>1,157,843</u>	<u>1,858,364</u>

Included within other creditors is £nil (2022: £119,039) which are funds held on behalf of Lloyds Banking Group for the payment of fundraising expenses on their behalf.

Deferred Income

	Group 2023 £	Group 2022 £	Charity 2023 £	Charity 2022 £
Balance at beginning of year	598,936	563,418	598,936	563,418
Amount released to incoming resources	491,505	575,162	491,505	575,162
Amount deferred in year	247,036	610,680	47,616	610,680
	<u>354,467</u>	<u>598,936</u>	<u>155,047</u>	<u>598,936</u>

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2023

13. Statement of funds

	Balance at 1 April 2022 £	Income £	Expenditure £	Transfers £	Balance at 31 March 2023 £
Unrestricted funds	1,830,711	2,314,958	(1,977,405)	(790,587)	1,377,678
Designated funds:					
Hopes & Dreams	267,000	-	-	(267,000)	-
Clic	-	31,966	(31,966)	47,697	47,697
Fundraising	-	-	-	436,231	436,231
Mental Health & Money Advice	-	-	-	573,659	573,659
	267,000	31,966	(31,966)	790,587	1,057,587
Total Unrestricted funds	2,097,711	2,346,924	(2,009,371)	-	2,435,265
Restricted funds:					
Lloyds Banking Group	5,906,381	692,224	(2,849,682)	3,000	3,751,923
Johnson & Johnson	3,000	285,706	(285,706)	(3,000)	-
Allan & Gill Gray	335,007	181,087	(133,221)	-	382,873
Neptune	158,127	95,000	(88,122)	-	165,005
Bank of America	-	81,572	(21,989)	-	59,584
Total Restricted funds	6,402,515	1,335,590	(3,378,721)	-	4,359,384
Total of funds	8,500,226	3,682,515	(5,388,092)	-	6,794,649

Represented by:

	Unrestricted funds £	Designated funds £	Restricted funds £	Total funds £
Current assets	2,750,669	1,057,587	4,359,384	8,167,640
Creditors due within one year	(1,372,992)	-	-	(1,372,992)
	1,377,677	1,057,587	4,359,384	6,794,649

Designated Funds

Hopes & Dreams:

A designated fund was set up in 2021 for investment into future activities pertaining to mass scale Covid recovery. These funds have been released back into unrestricted funds as this project has been delayed.

Clic:

Clic designated funds represent income generated from the sale of Clic services to be reinvested into continuation of the project.

Fundraising:

A designated fund to provide investment into fundraising resources and activities.

Mental Health and Money Advice:

Fund set to support the continuation of the Mental Health & Money Advice Service.

Restricted Funds

Lloyds Banking Group:

The Lloyds Banking Group restricted funds relate to an agreement with Mental Health UK to establish and run the Mental Health and Money Advice Services across the four member charities, Rethink Mental Illness, Hafal, Support in Mind Scotland and Mindwise.

Johnson & Johnson:

Over the next three years our partnership will enable us to pilot a navigation programme in primary care in four locations across the UK.

Allan & Gill Gray:

Over 2020-22 this partnership will enable us to deliver resilience workshops to young people in CAMHS and sports talent pathways

Neptune:

Funding for supporting people with poor mental health in rural communities.

Bank of America:

Funding to provide a holistic employment service providing wraparound support to help people back into employment.

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2023

13a. Statement of funds 2022

	Balance at 1 April 2021 £	Income £	Expenditure £	Balance at 31 March 2022 £
Unrestricted funds	826,952	2,273,918	(1,270,159)	1,830,711
Designated funds:				
Hopes & Dreams	267,000	-	-	267,000
Clic	-	13,906	(13,906)	-
	267,000	13,906	(13,906)	267,000
Total Unrestricted funds	1,093,952	2,287,824	(1,284,065)	2,097,711
Restricted funds:				
Lloyds Banking Group	5,870,311	2,661,543	(2,625,473)	5,906,381
Johnson & Johnson	-	300,770	(297,770)	3,000
Allan & Gill Gray	60,028	368,240	(93,261)	335,007
Neptune	91,394	95,000	(28,267)	158,127
SGN	-	19,710	(19,710)	-
Total Restricted funds	6,021,733	3,445,263	(3,064,481)	6,402,515
Total of funds	7,115,685	5,733,087	(4,348,546)	8,500,226

Represented by:

	Unrestricted funds £	Designated funds £	Restricted funds £	Total funds £
Debtors due after more than one year	475,688	-	-	475,688
Current assets	3,395,102	267,000	6,402,515	10,064,617
Creditors due within one year	(2,040,079)	-	-	(2,040,079)
	1,830,711	267,000	6,402,515	8,500,226

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2023

14. Reconciliation of net movement in funds to net cash flow from operating activities

	Group 2023 £	Group 2022 £
Net income for the year (as per Statement of Financial Activities)	(1,705,577)	1,384,541
Adjustments for:		
Decrease in stocks	(3,686)	-
Decrease in debtors	310,793	254,685
(Decrease)/Increase in creditors	(667,087)	1,250,823
Net cash provided by operating activities	<u>(2,065,557)</u>	<u>2,890,049</u>

15. Analysis of changes in net funds

	At 1 April 2022 £	Cashflows £	At 31 March 2023 £
Cash at bank and in hand	8,941,537	(2,065,557)	6,875,980
Cash for Cash Flow Statement	<u>8,941,537</u>	<u>(2,065,557)</u>	<u>6,875,980</u>

16. Connected entities

Rethink Mental Illness, Adferiad in Wales, Mindwise in Northern Ireland and Support in Mind Scotland in Scotland are all members of Mental Health UK. Mental Health UK is not controlled by any one of these entities. All support costs are recharged from Rethink Mental Illness and total £516,814 (2022: £163,213).

17. Key management personnel

Key management personnel are considered to be the Trustees, none of which received any remuneration during the period. The Senior Management Team are also considered to be key management personnel. Salaries amounting to £268,451 (2022: £107,292), including employers' national insurance and pension contributions were recharged to the charity from Rethink Mental Illness in respect of the Senior Management Team.

18. Volunteers

One of the charity's main donors, Lloyds Banking Group Plc, volunteer staff to help the charity in various ways such as running customer feedback workshops and helping to write databases to develop the helpline as well as other general volunteering. Each Lloyds Banking Group staff members can volunteer up to one day per annum.

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2023

19. Principal subsidiaries

The following was a subsidiary undertaking of the Charity:

Name	Company Number	Registered office or principal place of business	Principal activity
Mental Health UK Services Limited	10201914	The Dumont, 28 Albert Embankment, London, SE1 7GR	The provision of education, training and consultancy services in respect of mental health
Class of shares	Holding	Included in consolidation	
Ordinary	100%	Yes	

The financial results of the subsidiary for the year were:

Name	Income £	Expenditure £	Profit for the year £	Net assets £
Mental Health UK Services Limited	370,736	(339,378)	31,358	31,358

20. Employees

The Company has no employees other than the directors, who did not receive any remuneration (2022 £NIL).

Accounts

MENTAL HEALTH UK

TRUSTEES' REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2022

MENTAL HEALTH UK

CONTENTS

	Page
Reference and administrative details of the Charity, its Trustees and advisers	1
Trustees' report	2 - 13
Trustees' responsibilities statement	14
Independent auditor's report on the financial statements	15 - 18
Consolidated statement of financial activities	19
Consolidated balance sheet	20
Charity balance sheet	21
Consolidated statement of cash flows	22
Notes to the financial statements	23 - 38

MENTAL HEALTH UK

REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY, ITS TRUSTEES AND ADVISERS FOR THE YEAR ENDED 31 MARCH 2022

Trustees

L Paweleck
M Winstanley
A H Thomas
F J Simpson (resigned 23 February 2022)
P Jenkins
A Doherty
N Ward (appointed 23 February 2022)

Charity registered number

1170815

Principal office

28 Albert Embankment
London
SE1 7GR

Independent auditor

Crowe U.K. LLP
Black Country House
Rounds Green Road
Oldbury
West Midlands
B69 2DG

Bankers

Natwest
2nd Floor, 39 Queen Square
Wolverhampton
WV1 1TL

Solicitors

Bates, Well & Braithwaite
10 Queen Street Place
London
EC4R 1BE

MENTAL HEALTH UK

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2022

The Trustees of Mental Health UK present their Trustees Report and the Consolidated Financial Statements for the Charity for the year ended 31 March 2022 as required under the Charities Act 2011 and the Companies Act 2006.

Name and nature of the Charity

Mental Health UK is a Charitable Incorporated Organisation registered with the Charity Commission of England and Wales since 19 December 2016, registered charity no: 1170815. Its governing document is its constitution.

The term "Charity" refers to Mental Health UK and the term "Group" refers to Mental Health UK together with its subsidiary as set out in note 22.

Mental Health UK exists to provide relief and support to people affected by mental illness, to advance research and education as to the causes, consequences and management of mental illness, to provide advice and assistance and promote best practice in the field of mental health and welfare.

Reference and administrative detail

Registered Office:

28 Albert Embankment
London
SE1 7AP

Registered Company Number (England and Wales): CE009425

Registered Charity Number: 1170815

Key management personnel

Chair of the Board

Paul Jenkins

Directors:

Alun Thomas
Anne Doherty
Frances Simpson (*resigned 23 February 2022*)
Lyn Paweleck
Mark Winstanley
Nick Ward (*23 February 2022*)

Appointment of Trustees

Each of the Chief Executive Officers of our founding Charities are chosen to represent their charity on the Board. Independent Trustees were approached at inception and receive relevant training.

Chief Executive Officer: Brian Dow

Senior Executive Officer: Katie Legg

Chief Financial Officer: Tracey Simkins

Organisational Structure

The trustees of Mental Health UK are the charity's Trustees under Charity Law and the Directors of the charitable company. They are responsible for providing leadership, setting strategy and ensuring control. The Chief Executive Officers of our four founding charities are chosen to represent their charity on the Board and two independent Trustees were approached at inception.

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

Day-to-day operations of the organisation are managed by the Chief Executive Officer on authority delegated by the Board. The Chief Executive Officer, Senior Executive Officer and the Chief Finance Officer of the charity each has clearly defined areas of responsibility and accountability.

Mental Health UK has 33 dedicated employees who are seconded from our English founding charity, Rethink Mental Illness and draws on the wider resources and 1,000 plus staff within our four founding charities to support activities where required. This model has not only proven cost-efficient and effective but has also enabled Mental Health UK to deliver at pace.

We also have received support from volunteers employed by some of our corporate partners, primarily on *Clic* where they ensure new users are welcomed to the platform, start conversations, and report any posts which violate the site's rules to our team of moderators. We would like to thank Lloyds Banking Group, Neptune Energy and Skipton Building Society in particular for their volunteers support this year.

The Board of Trustees is committed to developing and maintaining high standards of governance throughout the Charity. Our mission "we won't stop until everyone has the tools they need to live their best possible life" lies at the heart of all our work and feeds into the overall strategy, which is set by the Board of Trustees. The latest strategy was adopted at the Board meeting in April 2021 and the strategic objectives have been updated and will guide the work of the charity over the next 5 years.

We have policies and procedures in place that underpin the requirement to act with integrity and in the best interests of the Charity and its charitable purposes.

The Trustees have had due regards to the guidance issued by the Charity Commission on public benefit. They have considered the requirements of the public benefit text and are satisfied that the Charity's activities meet these criteria.

Objectives and Activities

At Mental Health UK we won't stop until everyone has the tools they need to live their best possible life.

Bringing together the heritage and 50 years' experience of four national mental health charities, we are the only mental health charity working UK-wide, delivering both national and local services that enable and empower people to understand and manage their mental health in a person-centred and empathetic way.

With approximately 7.5 million people in the UK living with a diagnosed mental illness⁽¹⁾, and an estimated one in four of us experiencing a mental health problem every year pre-pandemic⁽²⁾, our programmes aim to increase everyone's knowledge and understanding on how to protect and maintain mental health and deliver programmes that support people with complex mental health needs through our four founding charities.

We have been able to make a significant footprint in the areas that deeply challenge our mental health and stability providing support and services for some of the biggest societal challenges that pose a threat to people's mental health. Our programmes focus on:

Understanding mental health

Mental Health UK aims to ensure everyone has the information, education and support they need to live their best possible life. Through our websites, social media, training, programmes and services, we promote knowledge, awareness and understanding of mental health, provide access to quality evidence-based support, reduce mental health stigma and help businesses, schools and communities create mentally healthy environments where people are encouraged to protect and maintain their mental wellbeing.

(1) McManus et. Al. (2016) Mental health and wellbeing in England: Adult Psychiatric Morbidity Survey; available at digital.nhs.uk

(2) Mental Health Taskforce NE. The Five Year Forward View for Mental Health, February 2016; Available at [England.nhs.uk](https://www.england.nhs.uk)

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

Money problems

In the UK, it is estimated that 50% of people in debt also experience a mental health problem; and one in five people experiencing a mental health problem also experiences money issues. Through our Mental Health and Money Advice service, Mental Health UK helps people better understand, manage and improve their financial and mental health.

Young people's resilience

75% of mental illnesses start before a person's 18th birthday⁽³⁾. Our young people's programmes aim to equip 14–18-year-olds with the tools and knowledge to maintain their mental health through life's transitions, both now and in the future. We deliver the *Bloom* programme in partnership with schools and colleges and *Your Resilience* in non-educational settings. Our online resource library and Parenting Hub on Clic also offers support to parents and guardians to confidently engage in conversations about mental health, emotional wellbeing and resilience with young people.

Loneliness and isolation

2.6 million adults across Great Britain report that they feel lonely "often" or "always"⁽⁴⁾. Mental Health UK help people across the UK to connect and support each other through our online peer support platform *Clic*.

Navigating through the system

We believe that with the right support, at the right time, people living with mental illness can truly thrive in their community. Through our *Community Mental Health Navigators* programme, Mental Health UK aims to transform the way care and support is delivered to people living with severe mental illness by placing Navigators in primary care settings to link people to local services, support their non-medical needs and reduce pressure on the clinical services.

Mental Health UK's deliver on our charitable objectives by raising funds from individuals, corporate partnerships, trusts and foundations. These funds are distributed to our four founding charities across the UK: Rethink Mental Illness in England, Support in Mind Scotland in Scotland, Adferiad Recovery (formerly Hafal) in Wales and MindWise in Northern Ireland, to deliver our projects as well as grow their own vital services.

Mental Health UK provides strategic oversight of our programmes' implementation by the four founding charities in line with the funder's needs (where restricted). 2021-22 saw Mental Health UK implement a new governance and reporting structure across our programmes, with performance tracked against agreed KPIs on a quarterly basis. This has enabled us to improve delivery as well as better identify the impact of our work, including key lessons which can be used to further strengthen performance.

Some of our key achievements from 2021/22 are highlighted below.

Achievements and Performance

If 2020 was a year of social isolation, insecurity, grief and loss, then 2021 represented, if not a full recovery, then at least the start of one. There is no doubt that the Covid-19 pandemic had a negative impact on the nation's mental health, leading to an increase in the number of people looking for advice and information and seeking our support.

Meeting this demand and delivering our programmes and support remained challenging at times, but thanks to the hard work, commitment and adaptability of staff from Mental Health UK and our four founding charities, we have continued to meet the needs of our service users across the UK, adopting a hybrid approach to service delivery.

(3) Kessler RC et al. Lifetime prevalence and age-of-onset distributions of DSMIV disorders in the National Comorbidity Survey. June 2005; Available at archpsyc.jamanetwork.com

(4) Office for National Statistics: Coronavirus and Loneliness, Great Britain: 3 April to 3 May 2020; Available at ons.gov.uk

**TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022**

With schools and offices remaining closed or having restrictions placed on outside visitors for long periods, we continued to offer our workplace training courses and young people's programmes online where necessary or requested. As society started to open up again, we were able to revert to in-person delivery, particularly in schools, however retained a remote delivery option. As hybrid or home-working becomes increasingly common, we have found that our ability to deliver training online or in-person according to the client's needs is enabling us to support more businesses and industries who operate with a geographically dispersed workforce.

We also broadened the way in which we can support employers by launching our new Workplace Mental Health Team. Over the past 12 months they have piloted new approaches with a range of businesses including providing therapeutic coaching and facilitated peer support to support staff experiencing stress and burnout. We've also provided consultancy and partnered with This Can Happen to launch the This Can Happen Index, helping employers to understand the difference between managers' perception and the reality of their employees' mental health. Looking forward, we know that there is a lot more expertise we have in this area which we will use to support many more people with their mental health in the workplace.

Staff on our other projects and services, in particular our Community Mental Health Navigators, also adapted to a hybrid approach, utilising in-person meetings, phone calls, instant messaging apps and online platforms (including *Clic*) according to the service users' needs or preferences. This has not only enabled us to support more people but improved the support that we are able to offer our service users.

Clic, our online peer support platform continues to diversify and grow, helping thousands of people to feel less isolated and find the information and support they need to move forward as part of an online community. With more and more people searching for support online, Mental Health UK's website continues to deliver advice and information on mental health and wellbeing, with a focus on providing people with tips and tools to care for themselves and others as society started to return to normal.

While the ability to evolve our services and support more people online or via hybrid means has been an opportunity created by Covid-19, the increasing demand for mental health support resulting from the pandemic saw us launch new community-based projects across the country, primarily targeting underserved communities that have been most impacted by poor mental health, both before and during the pandemic. This includes people from Black, Asian and Minority Ethnic (BAME) backgrounds through our Helping Communities Prosper project which aims to improve access to mental health services that respond to people's need and support Covid recovery. It also includes people in rural communities, with our Rural Connections project aiming to increase awareness, skills and access to support for those who can often find themselves isolated and cut off from traditional mental health services.

If 2021 was about ensuring people could continue to access information and resources, support and services, both online and in the community, then the next 12 months will be about restoring, rebuilding and relaunching for a post-Covid world, ensuring that Mental Health UK can continue to deliver for those who need us. Especially as new challenges such as the spiralling cost of living and climate crisis start to impact on all our lives. Plans for 2022 are outlined later in this report.

Key achievements in 2021 included:

Understanding mental health

Access to up-to-date information and support is the first step in protecting our mental health, and that of the people we know, love and work with. With Covid-19 continuing to impact on everybody's lives, demand for quality, evidence-based advice and information remained high. There were over eight million views of Mental Health UK and our founding charities advice, information and support webpages last year, with mental health conditions making up 46% of page views on [mentalhealth-uk.org](https://www.mentalhealth-uk.org). There were over 350,000 downloads of information guides and factsheets from our websites, with 89% of people who visited able to find what they were looking for and 86% reporting that their knowledge had improved. In December we partnered with Skipton Building Society to carry out research into UK adults' mental health during the festive period, and found that one-in-three Brits claimed their mental health takes a nosedive over Christmas. This research enabled us to launch a campaign providing advice, tips and tools to help people to look after their mental health over Christmas.

**TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022**

Collectively, Mental Health UK and our founding charities helplines also responded to over 7,000 calls, emails and webchats from people looking for support with their own or somebody else's mental health last year. This was a fall from the previous year when we answered nearly 10,000 calls during the height of the Covid-19 pandemic, nevertheless demand remains high with nearly three out of every four calls going unanswered.

With Covid-19 changing the way we organise, interact and engage with each other at work, Mental Health UK continued our focus on workplace wellbeing in 2021. Our training team continued to deliver sessions ranging from 45 minute 'Lunch and Learns' to half- and full-day Mental Health Awareness and Champions courses. 128 courses were delivered over the year, providing over 4,100 managers and employees with the tools and support to improve mental health in the workplace.

We also established our Workplace Mental Health Team. Over the past 12 months they have piloted new approaches with a range of businesses including providing therapeutic coaching and facilitated peer support to support staff experiencing stress and burnout.

On World Mental Health Day in October, we launched a new co-production with ITN Productions. *Forward Together for Mental Health* explored how the pandemic has advanced the mental health narrative and agenda in the workplace and wider society, focusing on a number of Mental Health UK projects and partnerships with Johnson & Johnson, Lloyds Banking Group and others.

Money problems

Mental Health UK established the Mental Health & Money Advice service in 2017 to help people better understand, manage and improve their financial and mental health. Last year, over 780,000 people visited the website which offer practical advice and guides to managing money, claiming benefits and accessing support if your mental health is impacted by your money and finances. This was a 95% increase on 2020, reflecting growing concerns about rising energy bills, the increase in the cost of living, and the impact on people's financial wellbeing and mental health.

As well as the website, Mental Health & Money Advice delivers a UK-wide helpline that is open to our support services and other referral partners. In 2021, 986 people were referred to the service for 1-2-1 support, a 7% increase on 2020. Across the year, each person referred to the helpline was, on average, £8,206 better off as a result of engaging with the service, providing them with enough financial security to focus on their mental health without having to worry about their money. 81% of service users report increased wellbeing after engaging with Mental Health & Money Advice, while 89% say they have improved capacity to manage their money.

Young people's resilience

Bloom and Your Resilience, our resilience programmes for young people continued to offer both our eight-week full course and Lite sessions online, certainly during the first part of 2021 when many schools remained closed to external visitors. As the country started to open up again, the number of requests for our training associates to deliver courses and sessions in-person increased.

In total, we trained 1,714 teachers, coaches and professionals (a 74% increase on 2020) who have in turn delivered the programmes to more than 83,000 young people (a 40% increase on 2020), more than two thirds of who feel more resilient as a result of taking part. Our *Bloom* Lite courses have proven especially popular with teachers, providing them with an introduction to the programme and the confidence to deliver the rest of the modules in the classroom without a training associate present.

Because of this, we are also developing a Lite version of the *Your Resilience* programme to counteract challenges we have had engaging sports coaches and mental health professionals. Working with teachers, coaches and professionals is essential to the sustainability of these programmes, ensuring that those who work with young people every day are not only equipped to deliver the programme in the future, but also feel more confident to have conversations about mental health and resilience with young people. However, we have found that coaches and mental health professionals working with young people are extremely busy and often unable to commit to the full eight-week programme.

**TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022**

Delivering both full and Lite versions of both *Bloom* and *Your Resilience*, in-person and online, will provide those working with young people different options according to their schedules and needs. This will enable us to reach our ambitious target of over 500,000 young people supported by our programmes by the end of 2024.

Bloom and Your Resilience are also now being supplemented by a new community on Clic. Created in partnership with SC Johnson, the Parenting Hub is a space for parents and carers to connect with others. It's a safe environment to share and seek information and advice about supporting children's mental health, as well as looking after your own. The community provides access to expert advice, videos on topics such as 'creating a good environment for discussions' and 'what to do if you child shares that they're struggling', as well as other resources on mental health.

Loneliness and isolation

At the height of the Covid-19 pandemic in 2020, national lockdowns meant that millions of people found themselves cut off from their usual support networks. Whether family or friends, work colleagues or social groups, our forced separation from others took a heavy toll on the nation's mental health, and although some elements of life returned to normal during 2021, many of us struggled with this transition back and continue to feel lonely and isolated day-to-day, even when surrounded by others.

Mental Health UK aims to reduce loneliness and isolation through *Clic*, our free online peer support community. *Clic* provides a safe, supportive environment for people for people to connect for mutual support, share their thoughts and find helpful information. It is moderated 24/7 and features quick chat, forums, live Q&As and information and support pages on the things that keep us mentally well.

In 2021, the community grew by 55%, bringing the total number of users on the platform to 9,690. 77% of users who responded to our survey on the platform said that using *Clic* had made them feel less isolated, while a number of respondents also noted that if they not had discovered *Clic*, they would have 'had nowhere to go'.

For the majority of Clic users, having a safe, supportive online community for their mental health complements support they receive offline, either from mental health services or their local community. For others however, Clic is the only support available to them. Away from their computer or phone, they are either not connected or engaging with services, organisations or groups in the local area that can support their non-clinical needs and personal journey towards mental health recovery.

At Mental Health UK, we understand how feeling part of your local community has a positive effect on mental health and emotional wellbeing. It provides a sense of belonging and social connectedness that offers extra meaning and purpose to everyday life. Our *Navigators* programme, described below empowers people experiencing mental health problems to access the right support in the community.

As does our *Rural Connections* project. Funded by Neptune Energy, *Rural Connections* aims to overcome some of the barriers to accessing mental health support faced by rural communities across the UK, including loneliness and isolation. The project takes a different approach in each nation depending on the local context, needs and issues.

In Scotland, we have delivered mental health awareness training to 130 people from 42 rural workplaces and community organisations, ensuring that people feel supported by managers and colleagues with whom they connect regularly. In Somerset and North Wales, we have built links with other third sector organisations, councils and the local health board to identify and document mental health and community services across the region. These links have already enabled our services in both places to refer people to the support they need in the community.

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

Navigating through the system

Mental Health UK believes that with the right support, at the right time, people living with mental health problems can truly thrive in the community. The right support is about more than good quality medical treatment close to home. It also means support in the areas that we all deal with in our day to day lives – how socially connected we are, the state of our finances, the stability of our housing, our physical health, and our ability to work or volunteer. These are the factors that enable people to move from surviving to thriving on the recovery ladder and the theory underpinning our programmes such as *Mental Health & Money Advice* and *Clic*.

Local support for housing, exercise classes, social groups etc. exists in communities across the UK, but a 2019 survey by our founding charity in England, Rethink Mental Illness, for the 'building communities that care' report(5) found that only 30% of people were offered help finding suitable housing or tenancy support, while on 23% were offered support finding a job or staying in work.

Our *Navigators* programme in partnership with Johnson & Johnson aims to transform the way care and support is delivered to people living with mental health problems. Placing Community Mental Health Navigators in primary care settings, their role is to support people to access community support and services for the things that keep us well, helping reduce the pressure on frontline services, GPs and other medical professionals so they can focus on responding to people's clinical needs. In 2021, our Navigators supported 390 people in Grimsby, Bridgend, Stranraer and West Belfast with issues related to housing, employment, money, physical wellbeing and making connections, helping them on their journey towards personal recovery.

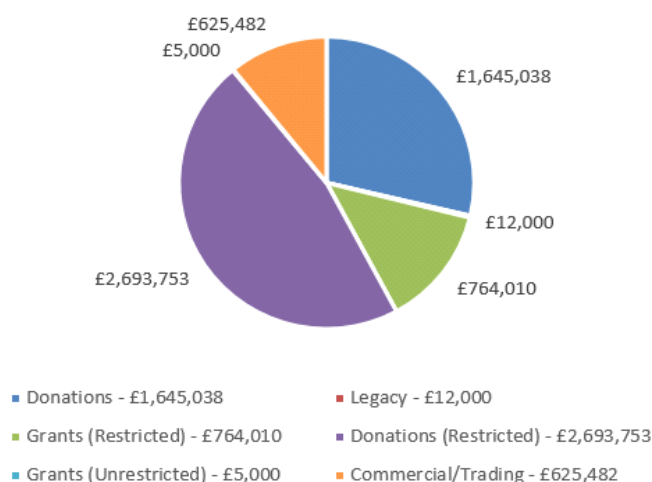
We know our Navigators are valued by both service users and professionals such as GPs. 100% of people who used the service said they would recommend it to others, while 93% of clinical professionals reported that it had enabled them to spend less time on patients' non clinical needs, reducing pressure on the healthcare system.

Financial Review

These accounts represent the period of operations from 1st April 2021 to 31st March 2022. The charity generated £5,130,021 of voluntary income thanks to the generosity of our donors. Trading income totalled £603,066 relating to training and commercial activities.

The pie chart below indicates that the largest area of fundraising income related to restricted funding from corporate partnerships, which have been assigned against the delivery of a series of programmes of work in agreement with our corporate partners

Total Incoming Resources to 31st March 2022



**TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022**

(5) Rethink Mental Illness, Building Communities that Care, 2019; Available at rethink.org

Expenditure

Our expenditure during this period is primarily made up of grant making activity, with distributions made to our four founding charity members in accordance with either:

- the restrictions placed on the income received by Mental Health UK
- in the case of unrestricted income in accordance with the grant framework agreement.

Grants awarded during this period supported the ongoing delivery of the Mental Health and Money Advice Service, our young people's programmes Bloom and Your Resilience, the Community Mental Health Navigators programme, Clic, the Rural Connections programme and the new Helping Communities Prosper Programme, as well as supporting our founding member charities to further their existing programmes and initiatives.

A summary of the breakdown of our expenditure is included in notes 5-8 of the accounts.

Subsidiary company information

Mental Health UK Services Limited operates as the trading subsidiary of Mental Health UK, it commenced trading during 2021/22 providing commercial and training services.

The financial statements of the subsidiary has been consolidated into the financial statements of the Group.

Key Risks and Uncertainties

In relation to the overall financial control procedures, the Charity has in place a plan supplemented by an annual budget approved by the Board of Trustees. Monthly actual results are reported against budget and projections to year end are reviewed by senior management, and the Board of Trustees at appropriate points in their meeting cycle. The Charity's day-to-day financial processes are governed by financial policies approved by the Board. Assurance around compliance with the financial regulations is overseen by Rethink Mental Illness.

Risks are assessed by the Management Team and escalated to the Board accordingly. Trustees are provided with assurance that the major risks which are identified have been reviewed and evaluated on a programmatic basis, taking account of internal controls, systems and other actions pursued to mitigate them. In this way, the Board is satisfied that the risk management strategy is appropriate to the Charity and they have gained assurance regarding the effectiveness of the risk management processes adopted.

The key strategic risks currently facing Mental Health UK are considered to be:

- The ability to continue to generate sufficient income to continue to develop our programmes of work beyond the terms of our existing corporate partnership agreements. As previously indicated we have a clear strategy in place to secure the long-term sustainability of Mental Health and Money Advice beyond the length of the Lloyds Banking Group partnership to ensure that we manage this risk appropriately.
- The long-term change in corporate fundraising. Whilst mental health continues to be a highly relevant cause for big corporations, the way in which businesses are entering partnerships with charities is changing. We are tracking this trend closely and are developing new multifaceted ways of working with big businesses.

MENTAL HEALTH UK

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

Reserves policy

Mental Health UK recognises the importance of maintaining a reserves policy to provide a prudent level of cover to meet future obligations and guard against unforeseen contingencies on a going concern basis.

The reserves of the Charity at the year-end are:

	£
Unrestricted reserves – General Funds	1,830,711
Designated Funds	267,000
Restricted Funds	6,402,515
Total Funds	8,500,226

Our reserves policy focuses on the level of our “free” reserves. Free reserves are defined as net assets excluding restricted funds, designated funds and the element of general funds that have been used to acquire fixed assets for the Charity’s own use.

Our unrestricted reserves at 31 March 2022 were £1,830,711 all of which represent free reserves against a target this year of £135,000. This is sufficient to cover any residual liabilities and redundancies within the support services provided by Rethink Mental Illness as a result of winding up. Free reserves are currently held in excess of the reserves policy whilst the Charity reviews and understands its requirements for investment in projects to be funded from free reserves in the coming years, and how best to utilise these funds to support the strategic objectives as detailed in the corporate strategy adopted by the Board in April 2021.

The Board will keep its reserves approach under regular review to ensure that an appropriate balance is maintained between developing reserves to provide sufficient funds to meet its forward obligation, to provide a reserve against unforeseen events and to provide adequate resources to fund new initiatives in order to promote the charitable objects of Mental Health UK. Further details of reserves held at 31 March 2022 are shown in note 13 to the financial statements.

Going Concern

The Trustees have a reasonable expectation that the Charity has adequate resources to continue its activities for the foreseeable future. The budget set for 2022/23 was based on the Lloyds Banking Group Partnership drawing to a close in December 2022. A significant amount of restricted reserves are being held which will fund the Bloom project for a further 3 years and the Help Communities Prosper project for the financial year. The Board have agreed to support the delivery of the Mental Health and Money Advice programme with unrestricted funds and a focus on fundraising going forward.

Areas at risk are the achievement of fundraising and partnership targets and the external training provision. These are being monitored through the monthly management accounts process.

Cashflow projections and forecasts have been prepared covering at least 12 months which support the continued operations of the Charity. Accordingly, they continue to adopt the going concern basis in preparing the financial statements as outlined in the Statement of Trustees responsibilities. The areas considered most at risk are noted above.

Plans for the Future

2022 Programmes

If 2021 was able ensuring people could continue to access information and resources, support and services, both online and in the community, then the next 12 months is about restoring, rebuilding and relaunching for a post-Covid world, ensuring that we can continue to deliver for those who need us. The Covid-19 pandemic has had a significant impact on the nation’s mental health. For many who were already living with a mental health problem, the pandemic has exacerbated their condition, while many more in society have found themselves experiencing mental health problems for the first time. With new challenges such as the spiralling cost of living and the climate crisis set to further impact on all our lives, we are needed more than ever.

In line with the objectives set out in our new Strategy 2021-25, Mental Health UK will continue to support the

**TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022**

work of our four founding charities in our existing areas of focus.

Understanding mental health

Mental Health UK and our four founding charities will continue to ensure people have access to quality, evidence-based advice, information and support about mental health conditions and how to better protect and maintain mental health.

Through our information platforms (including websites, webinars, information guides) and helplines, we will continue to increase awareness and understanding of mental health and ensure that people can find the information they need to better support their own, or somebody else's mental health. Major campaigns have been built around calendar awareness events including Mental Health Awareness Week and World Mental Health Day. We have again partnered with ITN Productions on a programme called 'Play Your Part', which aims to encourage people to consider the unique contribution they could make in striving for better mental health across society

Our work on diversity and inclusion, is, as it should always be, ongoing. We are striving to ensure that through our work, everyone has access to the support they need in a way that works for them, carrying out internal and external conversations to identify how we can better support communities that have traditionally been excluded from the mental health support and services that meet their needs. We are currently developing a number of information guides around LGBTQIA+ mental health while in partnership with Rethink Mental Illness, we will carry out research looking at racialised communities' experiences of being detained under the Mental Health Act.

Our training and workplace mental health teams will continue working with businesses and employers across the UK to improve knowledge and understanding on mental health and increase people's capacity to challenge stigma. We have recently partnered with This Can Happen to launch the new This Can Happen Index which helps employers understand the difference between managers' perception and their employees' mental health in relation. This will enable us to work with businesses to improve wellbeing at work.

Money problems

Mental Health UK will continue to deliver our Mental Health & Money Advice service in England, Scotland, Wales and Northern Ireland in 2022.

The website will continue to support everyone to better manage their money and mental health with a cost-of-living hub established in August to provide people with tools and resources to help them through the current crisis.

Our UK-wide helpline will also continue to operate, albeit on a reduced scale, providing individuals who enter the service via our referral partners with 1-2-1 support. The long-term sustainability of Mental Health & Money Advice is dependent on identifying new funding streams for the service, both UK-wide and within each individual nation.

In terms of a UK-wide approach, Mental Health UK is developing a new holistic strategy that works with key referral partners across 6 industries and sectors including housing, debt, gambling and energy to provide a wraparound service that supports people with their mental health and money problems, irrespective of how and where those problems present. We are also exploring financial sustainability and how we can utilise our Mental Health & Money Advice service to improve people's knowledge and capacity in this area.

Young people's resilience

Both of our mental health resilience programmes for young people, *Bloom* and *Your Resilience*, will continue to be delivered in schools, colleges and non-educational settings in 2022 with the target of training over 4,000 teachers, coaches and professionals to deliver the course to young people under their care.

Assuming Covid-19 restrictions do not return, we would expect to deliver the majority of courses to be delivered in-person, however the success of online delivery over the past two years means that we will continue to offer this option. Indeed we are expanding our online option for teachers through the creation of *Bloom on Clic*. This community will feature the usual peer support elements of Clic, enabling teachers to share their experiences as support each other, as well as an events calendar where they can sign up for the various training courses which

**TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022**

are delivered via Zoom. We are also developing our training into seven e-learning modules that teachers can work through online. *Bloom on Clic* will be launched in September 2022 at the start of the new school year.

Mental Health UK continues to build relationships with sporting bodies across the UK to enable us to deliver *Your Resilience* to young people on elite sports pathways. Working with Children and Adolescent Mental Health Services (CAMHS) has proven more challenging due to demands on staff the time and effort necessary to engage key decision makers. Nevertheless, we are starting to develop positive relationships, particularly in Wales and Scotland. We expect the creation of *Your Resilience* Lite to support us to deliver *Your Resilience* in CAMHS settings across the country.

Loneliness and isolation

Mental Health UK continues to build the capacity and sustainability of our online peer support service *Clic* as a safe online environment where people can interact and support each other. Evolution of the platform is happening primarily through the creation of bespoke communities – either based around geographical locations as is the case with *Clic* communities for *Bristol*, *Bath*, *Swindon* and *Wiltshire* or groups, like with the *Parenting Hub*, *Bloom on Clic* (for teachers) and finally *Homes for Refugees* which is providing support for families and communities hosting refugees in the UK. A review of *Clic* is planned for the second half of 2022 to identify how the site can continue to evolve to meet the needs of its users.

Despite the lifting of restrictions, loneliness and isolation remain a very real concern for millions of people across the UK. Loneliness was chosen as the theme for our Mental Health Awareness Week campaign in May 2022 after research revealed that 1-in-5 people feel lonely at work on a typical day with young people aged 18-24 twice as likely to feel this way as their older peers. Almost half of workers said that they would not feel confident letting a colleague know they felt lonely or isolated at work. Our training and workplace mental health teams will continue to work to create mentally healthy workplaces where there is an open culture and no stigma around seeking support for mental health.

2022 also sees the launch of our *Helping Communities Prosper* project as part of our sixth year of partnership with Lloyds Banking Group. *Helping Communities Prosper* is all about rebuilding mental health services for a post-Covid world, with community services delivered by our four founding charities given funding to carry out repairs and upgrades, plan trips and make purchases which will benefit staff and service users alike, improving the support that people with complex mental health needs receive in communities across the country.

Navigating through the system

Our *Community Mental Health Navigators* programme, supported by Johnson & Johnson, is now being delivered in all four nations of the UK with navigators in Stranraer and West Belfast joining their colleagues in Grimsby and Bridgend. With funding for the *Navigators* project due to finish in England and Wales at the end of December 2022, plans are in place to ensure impact and learning from the project is utilised effectively and our four founding charities are equipped to engage NHS trusts and commissioners to fund a navigator in primary care settings across the country. A Good Practice Guide and Toolkit is being developed to support this roll out.

The community mental health navigators concept will remain at the forefront of Mental Health UK's programmes to ensure that we are supporting people with mental health problems through the system to access support and services in the community. As part of the *Helping Communities Prosper* project, we will be employing navigators to deliver support in different contexts and communities. For example, in London, a physical activity navigator is working with Rethink Mental Illness service users across five boroughs, carrying out health checks, developing exercise plans and supporting them to access teams and classes as a means of improving their physical wellbeing. In Cardiff, we have employed navigators to cover the multicultural Riverside area. They are working with Diverse Cymru to support people from BAME backgrounds who may not be engaging with traditional mental health services access support for their mental health. One area we are exploring is how we can utilise *Clic* as a referral pathway to an online navigator, supporting *Clic* users who may be disconnected from their real-world communities to access support, services and community assets.

Fundraising Activities

We are so grateful to our supporters for continuing to donate and fundraise for us during another difficult year for so many people. Our supporters have helped us to reach people across the UK, giving them the tools to better

**TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022**

manage their mental health. Nearly 1,000 people took part in fundraising events for us during the year, raising £480,671. We received a further £412,257 through donations from our generous supporters.

Despite a unique and challenging year for fundraising, our supporters continued to rise to the challenge and in October we were able to host our first ever home-grown event GLOW, a 20km night walk through London. The event not only created a safe place for people to come together and talk about mental health, but also raised just under £23,000 for the charity.

Prison, probation and youth justice staff from the Butler Trust took part in a national charity challenge 'Hidden Heroes' for Mental Health UK. Bake sales, raffles, beard shaves, sky dives and much more raised over £60,000 making the event an outstanding success.

Finally, in September 2021 we launched a new regular giving lead generation campaign on Facebook, where we offered new supporters a pack of encouraging greetings cards using inspirational quotes from people who have used our services in the UK. Between September and March, 447 people signed up to give via direct debit at an average of nearly £3 per month.

During the year, Mental Health UK worked with professional agencies to deliver creative and digital services. Fundraising activities and engagement with supporters were managed directly by the team.

We received two complaints about our fundraising activities.

Registered with the Fundraising Regulator, all of our fundraising activities are carried out in line with the Code of Fundraising Practice. We take great care with our supporters' data, guided by ICO regulation and set out in our Privacy Policy. Our Supporter Promise sets out our high standards in engaging with supporters.

Approved by order of the members of the board of Trustees and signed on their behalf by:



P Jenkins

Chair of the Trustees

Date: 23 November 2022

**STATEMENT OF TRUSTEES' RESPONSIBILITIES
FOR THE YEAR ENDED 31 MARCH 2022**

The Trustees are responsible for preparing the Trustees' 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 & Wales requires the Trustees to prepare financial statements for each financial which give a true and fair view of the state of affairs of the Group and the Charity and of their incoming resources and application of resources, including their income and expenditure, 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 of the Charities SORP (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Group will continue in business.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Group and the Charity's transactions and disclose with reasonable accuracy at any time the financial position of the Group and the Charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the Trust deed. They are also responsible for safeguarding the assets of the Group and the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by order of the members of the board of Trustees and signed on its behalf by:



P Jenkins
Chair of the Trustees
Date: 23 November 2022

INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF MENTAL HEALTH UK

Opinion

We have audited the financial statements of Mental Health UK (the 'parent charity') and its subsidiaries (the 'group') for the year ended 31 March 2022 which comprise the Consolidated statement of financial activities, the Consolidated balance sheet, the Charity balance sheet, the Consolidated statement of cash flows and the related notes, 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).

The financial statements have been prepared in accordance with Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standards applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has been withdrawn.

This has been done in order for the accounts to provide a true and fair view in accordance with the Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

In our opinion the financial statements:

- give a true and fair view of the state of the Group's and of the parent charity's affairs as at 31 March 2022 and of the Group's 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 Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the Group in accordance with the ethical requirements that are relevant to our audit of the financial statements in the United Kingdom, including the Financial Reporting Council'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 Group's or the parent 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.

INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF MENTAL HEALTH UK (CONTINUED)

Other information

The other information comprises the information included in the Annual report other than the financial statements and our Auditor's report thereon. The Trustees are responsible for the other information contained within the Annual report. 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. 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 course of 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 Trustees' report is inconsistent in any material respect with the financial statements; or
- the parent Charity has not kept sufficient accounting records; or
- the parent Charity 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 Trustees' responsibilities statement, the Trustees are responsible for the preparation of the financial statements which 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 Group's and the parent 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 Group or the parent charity or to cease operations, or have no realistic alternative but to do so.

INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF MENTAL HEALTH UK (CONTINUED)

Auditor's responsibilities for the audit of the financial statements

We have been appointed as auditor under section 151 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 an Auditor's report 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 extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

Extent to which the audit was considered capable of detecting irregularities, including fraud

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We identified and assessed the risks of material misstatement of the financial statements from irregularities, whether due to fraud or error, and discussed these between our audit team members. We then designed and performed audit procedures responsive to those risks, including obtaining audit evidence sufficient and appropriate to provide a basis for our opinion.

We obtained an understanding of the legal and regulatory frameworks within which the charitable company, focusing on those laws and regulations that have a direct effect on the determination of material amounts and disclosures in the financial statements. The laws and regulations we considered in this context were the Companies Act 2006, the Charities Act together with the Charities SORP (FRS 102). We assessed the required compliance with these laws and regulations as part of our audit procedures on the related financial statement items.

In addition, we considered provisions of other laws and regulations that do not have a direct effect on the financial statements but compliance with which might be fundamental to the charitable company's ability to operate or to avoid a material penalty. We also considered the opportunities and incentives that may exist within the charitable company for fraud. The laws and regulations we considered in this context for the UK operations were General Data Protection Regulation (GDPR), Health and safety legislation, and Employment legislation.

Auditing standards limit the required audit procedures to identify non-compliance with these laws and regulations to enquiry of the Trustees and other management and inspection of regulatory and legal correspondence, if any. We identified the greatest risk of material impact on the financial statements from irregularities, including fraud, to be within the timing of recognition of income and the override of controls by management. Our audit procedures to respond to these risks included enquiries of management, and the Audit and Quality Assurance Committee about their own identification and assessment of the risks of irregularities, sample testing on the posting of journals, designing audit procedures over income, reviewing accounting estimates for biases, reviewing regulatory correspondence with the Charity Commission, and reading minutes of meetings of those charged with governance.

Owing to the inherent limitations of an audit, there is an unavoidable risk that we may not have detected some material misstatements in the financial statements, even though we have properly planned and performed our audit in accordance with auditing standards. For example, the further removed non-compliance with laws and regulations (irregularities) is from the events and transactions reflected in the financial statements, the less likely the inherently limited procedures required by auditing standards would identify it. In addition, as with any audit, there remained a higher risk of non-detection of irregularities, as these may involve collusion, forgery, intentional

INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF MENTAL HEALTH UK (CONTINUED)

omissions, misrepresentations, or the override of internal controls. We are not responsible for preventing non-compliance and cannot be expected to detect non-compliance with all laws and regulations.

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 Auditor's report.

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 Auditor's 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 its trustees, as a body, for our audit work, for this report, or for the opinions we have formed.

Crowe UK LLP

Crowe U.K. LLP

Statutory Auditor
Black Country House
Rounds Green Road
Oldbury
West Midlands
B69 2DG

Date: 01 December 2022

Crowe U.K. LLP are eligible to act as auditors in terms of section 1212 of the Companies Act 2006.

MENTAL HEALTH UK

**CONSOLIDATED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2022**

	Note	Unrestricted funds 2022 £	Restricted funds 2022 £	Total funds 2022 £	Total funds 2021 £
Income from:					
Donations and legacies	3	1,684,758	3,445,263	5,130,021	7,112,281
Charitable activities	4	603,066	-	603,066	311,557
Total income		2,287,824	3,445,263	5,733,087	7,423,838
Expenditure on:					
Charitable activities		1,284,065	3,064,481	4,348,546	4,133,300
Total expenditure		1,284,065	3,064,481	4,348,546	4,133,300
Net movement in funds		1,003,759	380,782	1,384,541	3,290,538
Reconciliation of funds:					
Total funds brought forward		1,093,952	6,021,733	7,115,685	3,825,147
Net movement in funds		1,003,759	380,782	1,384,541	3,290,538
Total funds carried forward		2,097,711	6,402,515	8,500,226	7,115,685

MENTAL HEALTH UK

CONSOLIDATED BALANCE SHEET
AS AT 31 MARCH 2022

	Note	2022 £	2021 £
Current assets			
Stocks	10	4,485	4,485
Debtors	11	1,594,283	1,848,968
Cash at bank and in hand		8,941,537	6,051,488
		<u>10,540,305</u>	<u>7,904,941</u>
Creditors: amounts falling due within one year	12	(2,040,079)	(789,256)
Net current assets		<u>8,500,226</u>	<u>7,115,685</u>
Total assets less current liabilities		<u>8,500,226</u>	<u>7,115,685</u>
Net assets excluding pension asset		<u>8,500,226</u>	<u>7,115,685</u>
Total net assets		<u><u>8,500,226</u></u>	<u><u>7,115,685</u></u>
Charity funds			
Restricted funds	13	6,402,515	6,021,733
Unrestricted funds	13	2,097,711	1,093,952
Total funds		<u><u>8,500,226</u></u>	<u><u>7,115,685</u></u>

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by:



P Jenkins
Chair of the Trustees
Date: 23 November 2022

The notes on pages 23 to 38 form part of these financial statements.

MENTAL HEALTH UK

**CHARITY BALANCE SHEET
AS AT 31 MARCH 2022**

	Note	2022 £	2021 £
Current assets			
Stocks	10	4,485	4,485
Debtors	11	1,591,865	1,848,968
Cash at bank and in hand		8,562,786	6,051,488
		<u>10,159,136</u>	<u>7,904,941</u>
Creditors: amounts falling due within one year	12	(1,858,364)	(789,256)
Net current assets		<u>8,300,772</u>	<u>7,115,685</u>
Total assets less current liabilities		<u>8,300,772</u>	<u>7,115,685</u>
Net assets excluding pension asset		<u>8,300,772</u>	<u>7,115,685</u>
Total net assets		<u><u>8,300,772</u></u>	<u><u>7,115,685</u></u>
Charity funds			
Restricted funds	13	6,402,515	6,021,733
Unrestricted funds	13	1,898,257	1,093,952
Total funds		<u><u>8,300,772</u></u>	<u><u>7,115,685</u></u>

The Charity's net movement in funds for the year was £1,185,087 (2021 - £3,290,538).

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by:



P Jenkins
Chair of the Trustees
Date: 23 November 2022

The notes on pages 23 to 38 form part of these financial statements.

MENTAL HEALTH UK

CONSOLIDATED STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 31 MARCH 2022

	2022 £	2021 £
Cash flows from operating activities		
Net cash used in operating activities	2,890,049	3,614,937
Change in cash and cash equivalents in the year	2,890,049	3,614,937
Cash and cash equivalents at the beginning of the year	6,051,488	2,436,551
Cash and cash equivalents at the end of the year	8,941,537	6,051,488

The notes on pages 23 to 38 form part of these financial statements

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

1. General information

The Charity was set up on 19 December 2016 as a Charitable Incorporated Organisation (CIO), registered in England and Wales, and treated as a public benefit entity.

Its registered office and principal place of business is 28 Albert Embankment, London SE1 7GR.

2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements 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 2015), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

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 required to provide a 'true and fair' view. This departure has involved following the Charities SORP (FRS 102) published on 16 July 2014 rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2005 which has since been withdrawn.

Mental Health UK meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

The Consolidated statement of financial activities (SOFA) and Consolidated balance sheet consolidate the financial statements of the Charity and its subsidiary undertaking, Mental Health UK Services Limited. The results of the subsidiary are consolidated on a line by line basis.

2.2 Going concern

After making enquiries, the Trustees have a reasonable expectation that the Charity has adequate resources to continue its activities for the foreseeable future. Accordingly, they continue to adopt the going concern basis in preparing the financial statements as outlined in the Statement of Trustees responsibilities.

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

2. Accounting policies (continued)

2.3 Income

All income is recognised once the Charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

The recognition of income from legacies is dependent on establishing entitlement, the probability of receipt and the ability to estimate with sufficient accuracy the amount receivable. Evidence of entitlement to a legacy exists when the Charity has sufficient evidence that a gift has been left to them (through knowledge of the existence of a valid will and the death of the benefactor) and the executor is satisfied that the property in question will not be required to satisfy claims in the estate. Receipt of a legacy must be recognised when it is probable that it will be received and the fair value of the amount receivable, which will generally be the expected cash amount to be distributed to the Charity, can be reliably measured.

Grants are included in the Consolidated statement of financial activities on a receivable basis. The balance of income received for specific purposes but not expended during the period is shown in the relevant funds on the Balance sheet. Where income is received in advance of entitlement of receipt, its recognition is deferred and included in creditors as deferred income. Where entitlement occurs before income is received, the income is accrued.

2.4 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, 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 classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Group's objectives, as well as any associated support costs.

Grants payable are charged in the year when the offer is made except in those cases where the offer is conditional, such grants being recognised as expenditure when the conditions attaching are fulfilled. Grants offered subject to conditions which have not been met at the year end are noted as a commitment, but not accrued as expenditure.

All expenditure is inclusive of irrecoverable VAT.

2.5 Investments

Fixed asset investments are a form of financial instrument and are initially recognised at their transaction cost and subsequently measured at fair value at the Balance sheet date, unless the value cannot be measured reliably in which case it is measured at cost less impairment. Investment gains and losses, whether realised or unrealised, are combined and presented as 'Gains/(Losses) on investments' in the Consolidated statement of financial activities.

Investments in subsidiaries are valued at cost less provision for impairment.

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

2. Accounting policies (continued)

2.6 Stocks

Stocks are valued at the lower of cost and net realisable value after making due allowance for obsolete and slow-moving stocks. Cost includes all direct costs and an appropriate proportion of fixed and variable overheads.

2.7 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.

2.8 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.

2.9 Liabilities and provisions

Liabilities 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 or the amount it has received as advanced payments for the goods or services it must provide.

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 Consolidated statement of financial activities as a finance cost.

2.10 Financial instruments

The Group only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

2.11 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Group and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the Trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Group for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

2. Accounting policies (continued)

2.12 Critical accounting estimates and areas of judgment

In the application of the accounting policies, Governors are required to make judgement, estimates, and assumptions about the carrying value of assets and liabilities that are not readily apparent from other sources. The estimates and underlying assumptions are based on historical experience and other factors that are considered to relevant. Actual results may differ from these estimates.

No significant judgements or estimates have been made in the preparation of these financial statements.

3. Income from donations and legacies

	Unrestricted funds 2022 £	Restricted funds 2022 £	Total funds 2022 £
Donations	1,667,758	2,681,253	4,349,011
Legacies	12,000	-	12,000
Grants	5,000	764,010	769,010
	<u>1,684,758</u>	<u>3,445,263</u>	<u>5,130,021</u>
	<u>1,684,758</u>	<u>3,445,263</u>	<u>5,130,021</u>
	Unrestricted funds 2021 £	Restricted funds 2021 £	Total funds 2021 £
Donations	1,287,753	4,583,504	5,871,257
Grants	72,400	1,168,624	1,241,024
	<u>1,360,153</u>	<u>5,752,128</u>	<u>7,112,281</u>
	<u>1,360,153</u>	<u>5,752,128</u>	<u>7,112,281</u>

4. Income from charitable activities

	Unrestricted funds 2022 £	Total funds 2022 £
Commercial and educational income	603,066	603,066
	<u>603,066</u>	<u>603,066</u>

MENTAL HEALTH UK

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

4. Income from charitable activities (continued)

	<i>Unrestricted funds 2021 £</i>	<i>Restricted funds 2021 £</i>	<i>Total funds 2021 £</i>
Commercial and educational income	276,657	34,900	311,557
	<u>276,657</u>	<u>34,900</u>	<u>311,557</u>

5. Expenditure on charitable activities

	Direct costs 2022 £	Support costs 2022 £	Total funds 2022 £
Grants	3,449,529	381,082	3,830,611
Commercial and educational costs	422,446	46,633	469,079
	<u>3,871,975</u>	<u>427,715</u>	<u>4,299,690</u>

	<i>Direct costs 2021 £</i>	<i>Support costs 2021 £</i>	<i>Total funds 2021 £</i>
Grants	3,277,371	334,187	3,611,558
Commercial and educational costs	446,204	55,538	501,742
	<u>3,723,575</u>	<u>389,725</u>	<u>4,113,300</u>

MENTAL HEALTH UK

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

6. Analysis of grants

	Unrestricted funds 2022 £	Restricted funds 2022 £	Total funds 2022 £
Rethink Mental Illness	307,330	1,704,802	2,012,132
Support in Mind	29,930	402,456	432,386
Adferiad (formerly Hafal)	57,383	533,712	591,095
Mindwise	10,220	403,696	413,916
Total 2022	<u>404,863</u>	<u>3,044,666</u>	<u>3,449,529</u>

	<i>Unrestricted funds 2021 £</i>	<i>Restricted funds 2021 £</i>	<i>Total funds 2021 £</i>
Rethink Mental Illness	421,000	1,814,034	2,235,034
Support in Mind	41,000	287,279	328,279
Adferiad (formerly Hafal)	24,000	455,719	479,719
Mindwise	14,000	220,339	234,339
	<u>500,000</u>	<u>2,777,371</u>	<u>3,277,371</u>

MENTAL HEALTH UK

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

7. Analysis of support costs

	Unrestricted funds 2022 £	Total funds 2022 £
Finance, HR and IT	189,338	189,338
Events	112,606	112,606
Communication	32,551	32,551
Auditors' remuneration	7,950	7,950
Fundraising	38,727	38,727
Bank charges	4,279	4,279
Legal and bad debts	42,264	42,264
	427,715	427,715

	<i>Unrestricted funds 2021 £</i>	<i>Total funds 2021 £</i>
Finance, HR and IT	253,272	253,272
Events	66,040	66,040
Communication	24,237	24,237
Auditors' remuneration	8,000	8,000
Insurance	5,651	5,651
Just giving charges	15,751	15,751
Bank charges	1,744	1,744
Legal	15,030	15,030
	389,725	389,725

8. Net income/(expenditure)

	2022 £	2021 £
This is stated after charging:		
Auditors remuneration	7,950	8,000

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

9. Trustees' remuneration and expenses

During the year, no Trustees received any remuneration or other benefits (2021 - £NIL).

During the year ended 31 March 2022, no Trustee expenses have been incurred (2021 - £NIL).

10. Stocks

	Group 2022 £	Group 2021 £	Charity 2022 £	Charity 2021 £
Stock	4,485	4,485	4,485	4,485

11. Debtors

	Group 2022 £	Group 2021 £	Charity 2022 £	Charity 2021 £
Due after more than one year				
Amounts owed by members	475,688	1,075,688	475,688	1,075,688
	475,688	1,075,688	475,688	1,075,688
Due within one year				
Trade debtors	357,167	126,759	354,749	126,759
Amounts owed by members	600,000	600,000	600,000	600,000
Other debtors	-	17,914	-	17,914
Prepayments and accrued income	161,428	28,607	161,428	28,607
	1,594,283	1,848,968	1,591,865	1,848,968

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

12. Creditors: Amounts falling due within one year

	Group 2022 £	<i>Group 2021 £</i>	Charity 2022 £	<i>Charity 2021 £</i>
Trade creditors	11,744	99,696	11,744	99,696
Amounts owed to subsidiaries	-	-	78,655	-
Other taxation and social security	33,932	-	22,240	-
Other creditors	119,039	-	119,039	-
Accruals and deferred income	1,875,364	689,560	1,626,686	689,560
	2,040,079	789,256	1,858,364	789,256

Included within Other creditors is £119,039 which are funds held on behalf of Lloyds Banking Group for the payment of fundraising expenses on their behalf.

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

13. Statement of funds

Statement of funds - current year

	Balance at 1 April 2021 £	Income £	Expenditure £	Balance at 31 March 2022 £
Unrestricted funds				
Designated funds				
Hopes & Dreams	267,000	-	-	267,000
Clic	-	13,906	(13,906)	-
	<u>267,000</u>	<u>13,906</u>	<u>(13,906)</u>	<u>267,000</u>
General funds				
General Funds - all funds	<u>826,952</u>	<u>2,273,918</u>	<u>(1,270,159)</u>	<u>1,830,711</u>
Total Unrestricted funds	<u>1,093,952</u>	<u>2,287,824</u>	<u>(1,284,065)</u>	<u>2,097,711</u>
Restricted funds				
Lloyds Banking Group	5,870,311	2,661,543	(2,625,473)	5,906,381
Johnson & Johnson	-	300,770	(297,770)	3,000
Allan & Gill Gray	60,028	368,240	(93,261)	335,007
Neptune	91,394	95,000	(28,267)	158,127
SGN	-	19,710	(19,710)	-
	<u>6,021,733</u>	<u>3,445,263</u>	<u>(3,064,481)</u>	<u>6,402,515</u>
Total of funds	<u>7,115,685</u>	<u>5,733,087</u>	<u>(4,348,546)</u>	<u>8,500,226</u>

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

13. Statement of funds (continued)

Designated Funds

Hopes & Dreams:

A designated fund was set up in 2021 for investment into future activities pertaining to mass scale covid recovery.

Clic:

Clic designated funds represent income generated from the sale of Clic services to be reinvested into continuation of the project.

Restricted Funds

Lloyds Banking Group:

The Lloyds Banking Group restricted funds relate to an agreement with Mental Health UK to establish and run the Mental Health and Money Advice Services across the four member charities, Rethink Mental Illness, Hafal, Support in Mind Scotland and Mindwise.

Johnson & Johnson:

Over the next three years our partnership will enable us to pilot a navigation programme in primary care in four locations across the UK.

Allan & Gill Gray:

Over 2020-22 this partnership will enable us to deliver resilience workshops to young people in CAMHS and sports talent pathways

IWOCA:

This funding enabled us to work collaboratively with iwoca to research the mental health issues and needs of small business owners.

DHSC:

Funding received to support the Mental Health and Money Advice line and Clic during the pandemic.

Neptune:

Funding for supporting people with poor mental health in rural communities.

MENTAL HEALTH UK

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

13. Statement of funds (continued)

Statement of funds - prior year

	<i>Balance at 1 April 2020 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Transfers in/out £</i>	<i>Balance at 31 March 2021 £</i>
Unrestricted funds					
Designated funds					
Hopes & Dreams	-	-	-	267,000	267,000
General funds					
General Funds - all funds	523,906	1,636,810	(1,064,303)	(269,461)	826,952
Total Unrestricted funds	523,906	1,636,810	(1,064,303)	(2,461)	1,093,952
Restricted funds					
Lloyds Banking Group	3,301,241	4,413,435	(1,844,365)	-	5,870,311
Johnson & Johnson	-	238,193	(238,193)	-	-
Allan & Gill Gray	-	72,400	(12,372)	-	60,028
IWOCA Ltd	-	18,000	(18,117)	117	-
Department of Health	-	950,000	(952,344)	2,344	-
Neptune	-	95,000	(3,606)	-	91,394
	3,301,241	5,787,028	(3,068,997)	2,461	6,021,733
Total of funds	3,825,147	7,423,838	(4,133,300)	-	7,115,685

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

14. Summary of funds

Summary of funds - current year

	Balance at 1 April 2021 £	Income £	Expenditure £	Balance at 31 March 2022 £
Designated funds	267,000	13,906	(13,906)	267,000
General funds	826,952	2,273,918	(1,270,159)	1,830,711
Restricted funds	6,021,733	3,445,263	(3,064,481)	6,402,515
	<u>7,115,685</u>	<u>5,733,087</u>	<u>(4,348,546)</u>	<u>8,500,226</u>

Summary of funds - prior year

	Balance at 1 April 2020 £	Income £	Expenditure £	Transfers in/out £	Balance at 31 March 2021 £
Designated funds	-	-	-	267,000	267,000
General funds	523,906	1,636,810	(1,064,303)	(269,461)	826,952
Restricted funds	3,301,241	5,787,028	(3,068,997)	2,461	6,021,733
	<u>3,825,147</u>	<u>7,423,838</u>	<u>(4,133,300)</u>	<u>-</u>	<u>7,115,685</u>

15. Analysis of net assets between funds

Analysis of net assets between funds - current year

	Unrestricted funds 2022 £	Restricted funds 2022 £	Total funds 2022 £
Debtors due after more than one year	475,688	-	475,688
Current assets	3,662,102	6,402,515	10,064,617
Creditors due within one year	(2,040,079)	-	(2,040,079)
Total	<u>2,097,711</u>	<u>6,402,515</u>	<u>8,500,226</u>

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

15. Analysis of net assets between funds (continued)

Analysis of net assets between funds - prior year

	<i>Unrestricted funds 2021 £</i>	<i>Restricted funds 2021 £</i>	<i>Total funds 2021 £</i>
Debtors due after more than one year	1,075,688	-	1,075,688
Current assets	265,703	6,563,550	6,829,253
Creditors due within one year	(247,439)	(541,817)	(789,256)
Total	1,093,952	6,021,733	7,115,685

16. Reconciliation of net movement in funds to net cash flow from operating activities

	Group 2022 £	<i>Group 2021 £</i>
Net income for the year (as per Statement of Financial Activities)	1,384,541	3,290,538
Adjustments for:		
Decrease in stocks	-	4,927
Decrease in debtors	254,685	230,710
Increase in creditors	1,250,823	88,762
Net cash provided by operating activities	2,890,049	3,614,937

17. Analysis of cash and cash equivalents

	Group 2022 £	<i>Group 2021 £</i>
Cash in hand	8,941,537	6,051,488
Total cash and cash equivalents	8,941,537	6,051,488

MENTAL HEALTH UK

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2022

18. Analysis of changes in net debt

	At 1 April 2021	Cash flows	At 31 March 2022
	£	£	£
Cash at bank and in hand	6,051,488	2,890,049	8,941,537

19. Connected entities

Rethink Mental Illness, Adferiad (formerly Hafal) in Wales, MindWise in Northern Ireland and Support In Mind Scotland in Scotland are all members of Mental Health UK. Mental Health UK is not controlled by any one of these entities. All support costs are recharged from Rethink Mental Illness and total £163,213 (2021: £197,998).

20. Key management personnel

Key management personnel are considered to be the Trustees, none of which received any remuneration during the period. The Senior Management Team are also considered to be key management personnel. Salaries amounting to £107,292 (2021: £145,607), including employers' national insurance and pension contributions were recharged to the charity from Rethink Mental Illness in respect of the Senior Management Team.

21. Volunteers

One of the charity's main donors, Lloyds Banking Group Plc, volunteer staff to help the charity in various ways such as running customer feedback workshops and helping to write databases to develop the helpline as well as other general volunteering. Each Lloyds Banking Group staff member can volunteer up to one day per annum.

MENTAL HEALTH UK

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2022

22. Principal subsidiaries

The following was a subsidiary undertaking of the Charity:

Name	Company number	Registered office or principal place of business	Principal activity
Mental Health UK Services Limited	10201914	Edmund House, 12-22 Newhall Street, Birmingham, B3 3AS	The provision of educational, training and consultancy services in respect of mental health.

Class of shares	Holding	Included in consolidation
Ordinary	100%	Yes

The financial results of the subsidiary for the year were:

Name	Income £	Expenditure £	Profit for the year £	Net assets £
Mental Health UK Services Limited	597,709	398,255	199,454	199,456

Accounts

MENTAL HEALTH UK

TRUSTEES' REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2021

MENTAL HEALTH UK

CONTENTS

	Page
Trustees Report	1 -16
Independent auditor's report on the financial statements	17 - 20
Statement of financial activities	21
Balance sheet	22
Statement of cash flows	23
Notes to the financial statements	24 - 38

MENTAL HEALTH UK

REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY, ITS TRUSTEES AND ADVISERS FOR THE YEAR ENDED 31 MARCH 2021

Trustees

L Paweleck
M Winstanley
A H Thomas
F J Simpson
P Jenkins
A Doherty

Charity registered number

1170815

Registered office

15th Floor
89 Albert Embankment London
SE1 7TP

Independent auditor

Crowe U.K. LLP
Black Country House Rounds Green Road
Oldbury
West Midlands
B69 2DG

Bankers

Natwest
2nd Floor, 39 Queen Square
Wolverhampton
WV1 1TL

Solicitors

Bates, Well & Braithwaite 10 Queen Street
Place London
EC4R 1BE

Insurers

Markel International Insurance Company
20 Fenchurch Street
London
EC3M 3AZ

Mental Health UK
Financial Statements for the year ended 31 March 2021
Trustees' Report

Who we are

Mental Health UK is a Charitable Incorporated Organisation registered with the Charity Commission of England and Wales since 19 December 2016, registered charity no: 1170815. Its governing document is its constitution.

Mental Health UK exists to provide relief and support to people affected by mental illness, to advance research and education as to the causes, consequences and management of mental illness, to provide advice and assistance and promote best practice in the field of mental health and welfare.

Reference and administrative detail

Registered Office:

15th Floor
89 Albert Embankment
London
SE1 7TP

Registered Company Number (England and Wales): CE009425

Registered Charity Number: 1170815

Key management personnel

Chair of the Board

Paul Jenkins

Directors:

Anne Doherty
Lyn Paweleck
Frances Simpson
Alun Thomas
Mark Winstanley

Appointment of Trustees

Each of the Chief Executive Officers of our founding Charities are chosen to represent their charity on the Board. Independent Trustees were approached at inception and receive relevant training.

Chief Executive Officer: Brian Dow

Senior Executive Officer: Katie Legg

Chief Financial Officer: Tracey Simkins (appointed 1 April 2021)

Organisational Structure

The trustees of Mental Health UK are the charity's Trustees under Charity Law and the Directors of the charitable company. They are responsible for providing leadership, setting strategy and ensuring control. The Chief Executive Officers of our four founding charities are chosen to represent their charity on the Board and two independent Trustees were approached at inception.

Day-to-day operations of the organisation are managed by the Chief Executive Officer on authority delegated by the Board. The Chief Executive Officer, Senior Executive Officer and the Chief Finance Officer of the charity each has clearly defined areas of responsibility and accountability.

Mental Health UK has 13 dedicated employees who are seconded from our English founding charity, Rethink Mental Illness and draws on the wider resources and 1,000 plus staff within our four founding charities to support activities where required. This model has not only proven cost-efficient and effective but has also enabled Mental Health UK to deliver at pace.

We also have received support from volunteers employed by some of our corporate partners, primarily on *Clic* where they ensure new users are welcomed to the platform, start conversations, and report any posts which violate the site's rules to our team of moderators. We would like to thank Lloyds Banking Group, ISG and Skipton Building Society in particular for their volunteers support this year.

The Board of Trustees is committed to developing and maintaining high standards of governance throughout the Charity. Our mission "we won't stop until everyone has the tools they need to live their best possible life" lies at the heart of all our work and feeds into the overall strategy, which is set by the Board of Trustees. The latest strategy was adopted at the Board meeting in April 2021 and the strategic objectives have been updated and will guide the work of the Charity over the next 5 years.

We have policies and procedures in place that underpin the requirement to act with integrity and in the best interests of the Charity and its charitable purposes. A Governance Review was carried out at the end of 2020 and a plan has been put in place to address areas of governance that we feel could be improved.

The Trustees have had due regards to the guidance issued by the Charity Commission on public benefit. They have considered the requirements of the public benefit text and are satisfied that the Charity's activities meet these criteria.

Objectives and Activities

At Mental Health UK we won't stop until everyone has the tools they need to live their best possible life.

Bringing together the heritage and 50 years' experience of four national mental health charities, we are the only mental health charity working UK-wide, delivering both national and local services that enable and empower people to understand and manage their mental health in a person-centred and empathetic way.

With approximately 7.5 million people in the UK living with a diagnosed mental illness¹, and an estimated one in four of us experiencing a mental health problem every year pre-pandemic², our programmes aim to increase everyone's knowledge and understanding on how to protect and maintain mental health and deliver programmes that support people with complex mental health needs through our four founding charities.

We have been able to mark a significant footprint in the areas that deeply challenge our mental health and stability providing support and services for some of the biggest societal challenges that pose a threat to people's mental health. Our programmes focus on:

Understanding mental health

Mental Health UK aims to ensure everyone has the information, education and support they need to live their best possible life. Through our websites, social media, training, programmes and services, we promote knowledge, awareness and understanding of mental health, provide access to quality evidence-based support, reduce mental health stigma and help businesses, schools and communities create mentally healthy environments where people are encouraged to protect and maintain their mental wellbeing.

Money problems

In the UK, it is estimated that 50% of people in debt also experience a mental health problem; and one in five people experiencing a mental health problem also experiences money issues. Through our Mental Health and Money Advice service, Mental Health UK helps people better understand, manage and improve their financial and mental health.

Young people's resilience

75% of mental illnesses start before a person's 18th birthday³. Our young people's programmes aim to equip 14–18-year-olds with the tools and knowledge to maintain their mental health through life's transitions, both now and in the future. We deliver the *Bloom* programme in partnership with schools and colleges and *Your Resilience* in non-educational settings. Our online resource library also offers support to parents and guardians to confidently engage in conversations about mental health, emotional wellbeing and resilience with young people.

Loneliness and isolation

2.6 million adults across Great Britain report that they feel lonely "often" or "always"⁴. Mental Health UK help people across the UK to connect and support each other through our online peer support platform *Clic*.

Navigating through the system

We believe that with the right support, at the right time, people living with mental illness can truly thrive in their community. Through our *Community Mental Health Navigators* programme, Mental Health UK aims to transform the way care and support is delivered to people living with severe mental illness by placing Navigators in primary care settings to link people to local services, support their non-medical needs and reduce pressure on the clinical services.

¹ McManus et. Al. (2016) Mental health and wellbeing in England: Adult Psychiatric Morbidity Survey; available at digital.nhs.uk

² Mental Health Taskforce NE. The Five Year Forward View for Mental Health, February 2016; Available at England.nhs.uk

³ Kessler RC et al. Lifetime prevalence and age-of-onset distributions of DSMIV disorders in the National Comorbidity Survey. June 2005; Available at archpsyc.jamanetwork.com

⁴ Office for National Statistics: Coronavirus and Loneliness, Great Britain: 3 April to 3 May 2020; Available at ons.gov.uk

Mental Health UK's deliver on our charitable objectives by raising funds from individuals, corporate partnerships, trusts and foundations. These funds are distributed to our four founding charities across the UK: Rethink Mental Illness in England, Support in Mind Scotland in Scotland, Adferiad Recovery (formerly Hafal) in Wales and MindWise in Northern Ireland, to deliver our projects as well as grow their own vital services.

Mental Health UK provides strategic oversight of our programmes' implementation by the four founding charities in line with the funder's needs (where restricted). Mental Health UK have recently developed an Outcome Measurement Framework to better track and assess the impact of our work against our Strategy 2021 – 25. Some of our key achievements from 2020/21 are highlighted below.

Achievements and Performance

2020 was a challenging, but ultimately rewarding year for Mental Health UK and we must start by recognising the impact of Covid-19 on the nation's mental health. Staff from Mental Health UK and our four founding charities were also subject to the social isolation, insecurity, grief and loss experienced by so many others and it is a testament to their hard work and commitment that we were able to adapt to the 'new normal' and continue to deliver for our service users across the UK.

The pandemic significantly impacted on our ability to deliver some of our programmes and services as planned. With offices and schools closed, we pivoted to deliver our workplace training courses and young people's programmes online. Phone calls, instant messaging apps and online platforms (including our own *Clic*) become a way for staff from our four founding charities to stay in contact with service users. With more people looking for support online, we adapted our advice and information content to meet people's needs, setting up an online Coronavirus 'hub' to offer support and guidance on areas such as looking after your mental health while working from home and supporting employees on furlough.

Yet the pandemic also created opportunities. The move to online ways of working enabled us to reach more people than would otherwise have been possible through in-person delivery of our training and young people's programmes. We were also able to roll out *Clic* as a UK-wide service, offering people a safe online space for social interaction and support at a time when many of us found ourselves cut off from our usual support network. Recognising that many of our most vulnerable service users were digitally excluded, we utilised our partnership with Lloyds Banking Group to secure them devices and training to get online from We Are Digital.

Despite altering our fundraising plans, our staff and supporters adapted fast to major events being cancelled, finding inventive, socially distant ways to fundraise throughout the pandemic. Several of our corporate partners also stepped up during a time of national need, responding to our appeal for Covid support and enabling us to meet the needs of our existing service users and anyone else who found themselves in need of mental health support.

For example, Johnson & Johnson UK granted Mental Health UK £43,513 to extend our *Community Mental Health Navigators* pilot in England and Wales for 5 months, enabling us to respond to the additional demands placed on the primary care system for mental health support at the height of the pandemic.

Key achievements in 2020 included:

Understanding mental health

The restrictions and pressures placed on our lives by Covid-19 in 2020 meant increased demand on Mental Health UK and our four founding charities to ensure people had access to quality, evidence-based advice, information and support about mental health conditions and how to better protect and maintain mental health during such challenging times.

There were over eight million views of our collective advice, information and support pages on our website last year, with our online Coronavirus 'hub' set up to provide help and guidance on areas such as looking after your mental health while working from home, supporting employees on furlough, and how to have an open conversation with young people about the virus. There were over 420,000 downloads of information guides and factsheets from our websites, with 90% of people who visited able to find what they were looking for and 89% reporting that their knowledge had improved.

Collectively, Mental Health UK and our founding charities helplines also responded to almost 10,000 calls, emails and webchats from people looking for support with their own or somebody else's mental health last year. While we're proud of being able to help so many people, nearly three out of every four calls to our advice lines went unanswered in 2020, highlighting the extraordinary demand for support.

With people instructed to work from home wherever possible, our training team also made the transition online, delivering 146 sessions ranging from 45 minute 'Lunch and Learns' to half-day Mental Health Awareness courses across 17 different organisations. This has provided managers and employees with the tools and support to improve mental health in the workplace.

Workplace wellbeing has been high on Mental Health UK's agenda over the last 12 months. With Covid-19 changing the way we work, and concepts such as home working, furlough and social distancing all entering the public discourse, we commissioned YouGov to assess the extent to which UK workers were experiencing heightened stress at work and at risk of burnout. The survey revealed that 59% of working women polled said they felt more prone to extreme levels of stress compared to last year. We used the survey findings to call on UK workplaces to be more proactive in their approach to workplace wellbeing⁵.

Mental Health UK also partnered with iwoca to examine the mental health of small business owners with our research revealing that 80% regularly experienced common symptoms of poor mental health, with the pandemic contributing to an increase in the frequency of panic attacks and signs of depression⁶. Despite this 44% of small business owners said they had never accessed mental health support. Mental Health UK are working alongside iwoca to respond to the findings of the study and develop a tailored mental health support product for small business owners.

⁵ <https://mentalhealth-uk.org/blog/running-on-empty-nearly-1-in-4-working-women-in-the-uk-feel-unable-to-manage-stress-and-pressure-at-work-with-only-44-confident-that-their-employer-has-a-plan-in-place-to-prevent-burnout/>

⁶ <https://mentalhealth-uk.org/blog/four-in-five-small-business-owners-tell-us-theyre-experiencing-poor-mental-health/>

Money problems

Mental Health UK established the Mental Health & Money Advice service in 2017 to help people better understand, manage and improve their financial and mental health. Last year, over 400,000 people visited the website which offer practical advice and guides to managing money, claiming benefits and accessing support if your mental health is impacted by your money and finances.

In 2020, the Mental Health UK team developed a toolkit to help people better understand the relationship between money and mental health and take control of their finances. It was co-produced with people with lived experience of mental health and money difficulties and healthcare professionals who support them. It is available for people to download and work through on the Mental Health & Money Advice website and has also been distributed to primary care settings across England. A Welsh version of the toolkit has recently been developed and translated in the Welsh language, while a Scottish version is currently in the works.

Mental Health & Money Advice also offers a referral service that staff from our four founding charities, other services and some partners can refer their clients into. In 2020, 924 were referred to the service for 1-2-1 support. Across the year, each person referred was, on average, £3,500 better off as a result of engaging with the service, providing them with enough financial security to focus on their mental health without having to worry about their money. 80% of people who used the service in the last year reported that their mental wellbeing has improved.

“After the first phone call, it took a weight off my shoulders. Now I’m in a good place.” Mike, Mental Health and Money Advice client.

Young people’s resilience

Our young people’s programmes, *Bloom* and *Your Resilience* were also re-imagined in response to the pandemic. Like our workplace training, *Your Resilience* made the transition online, co-delivering the eight-week course alongside coaches and facilitators to young people on elite sports pathways including England Boxing and Rugby League academies. A total of 35 coaches/facilitators and 212 young people were supported on the *Your Resilience* programme in 2020. Working with coaches and facilitators is essential to the sustainability of the programme, ensuring that those who work with young people every day are not only equipped to deliver the programme in the future, but also feel more confident to have conversations about mental health and resilience with young people.

With schools and colleges, like a lot of offices, closed and students studying at home, co-delivering *Bloom* alongside teachers as planned wasn’t possible, although some classroom-based delivery did take place in the latter part of the year. Instead the programme was adapted, with teacher training sessions offered online to equip educators with the tools and resources to deliver the programme independently to their students. This facilitated a significant increase in programme outputs with 948 teachers trained (more than ten times the number originally anticipated) who, in turn, are delivering the course to more than 60,000 young people.

“Feedback from students who completed the course has been incredibly positive. In the current climate where we have seen a significant increase of mental health concerns with young people, this course will help students by giving them lifelong skills to build positive mental wellbeing and develop coping strategies.” Jess, Pastoral Officer at Moulton College, Northampton.

Loneliness and isolation

National lockdowns meant that millions of people found themselves cut off from their usual support networks in 2020. Whether family or friends, work colleagues or social groups, our forced separation from others took a heavy toll on the nation's mental health. Research carried out by the Office for National Statistics in April/May 2020 found that 2.6 million adults in the UK "often" or "always" feel lonely⁷.

In response, Mental Health UK utilised funding from the Department of Health and Social Care to launch *Clic*, our free online community that reduces loneliness and isolation by providing a safe, supportive platform for people to connect for mutual support, share their thoughts and find helpful information. Moderated 24/7 and featuring quick chat, forums, live Q&As and information and support pages on the things that keep us mentally well, *Clic* has seen over 6,000 people registered on the site since it launched in April 2020, with an average of almost 2,000 posts per month. Mental Health UK has also developed several "*Clic Communities*" with local versions of the platform established for people living in Somerset and North Wales to connect with others in their area and access information about local services and support. We continue to work with our founding charities and local commissioners to set up these *Clic Communities* so more people across the UK can build a network and access support in their area.

"Being in a community of like-minded people has lifted my spirits. I have bipolar affective disorder and it causes me to have times when I am depressed and times when I feel elated. Most people in the group have depression and anxiety so they help in the low times most." Hilary, *Clic* user

Clic Spaces is a feature reserved for staff of Mental Health UK and our four founding charities. With groups and services unable to meet in-person due to Covid restrictions, *Clic Spaces* has provided a platform for staff to hold meetings and host events with our clients online. Employing instant messaging technology rather than video, *Clic Spaces* isn't suitable for every activity, however it has provided an alternative for service users who might find phone or video calls challenging for a variety of reasons. Services across Mental Health UK and our four founding charities continue to utilise *Clic Spaces* to support clients.

The pandemic exposed the extent of digital exclusion across the UK, with many people who live with mental health problems having neither the means nor skills needed to adapt to the move online. As well as increasing the sense of loneliness and isolation, it also added to the possibility of people getting stuck in negative loops, behaviours and thinking, as well as undermining confidence in people's daily routines.

In response, Mental Health UK partnered with Lloyds Banking Group and We Are Digital to provide 106 vulnerable service users from across our 4 charities with mobile devices, as well as 1-2-1 support to get online. For those who benefitted, this support was vital, enabling them to connect with family and friends and attend vital appointments with our services and Community Mental Health Teams.

⁷ Office for National Statistics, Coronavirus and Loneliness, Great Britain: 3 April to 3 May 2020; Available at ons.gov.uk

Navigating through the system

We believe that with the right support, at the right time, people living with mental health problems can truly thrive in the community. However knowing what support is available, and then navigating through the system to access it can be challenging. That's why our Advice and Information Services focus on helping people to understand their situation better, have greater knowledge of their rights, and feel more able to take action. We do this through our website (8 million views of advice and information pages in 2020/21) and helplines (10,000 calls, emails and webchats responded to). 89% of people who visited our websites reported that their knowledge had improved as a result.

For Mental Health UK and our four founding charities, the right support is about more than good quality medical treatment close to home. It also means support in the areas that we all deal with in our day to day lives – how socially connected we are, the state of our finances, the stability of our housing, our physical health, and our ability to work or volunteer. These are the factors that enable people to move from surviving to thriving on the recovery ladder and the theory underpinning our programmes such as *Mental Health & Money Advice* and *Clic*.

Local support for housing, exercise classes, social groups etc. exists in communities across the UK, but a 2019 survey by our founding charity in England, Rethink Mental Illness, for the 'building communities that care' report⁸ found that only 30% of people were offered help finding suitable housing or tenancy support, while only 23% were offered support finding a job or staying in work.

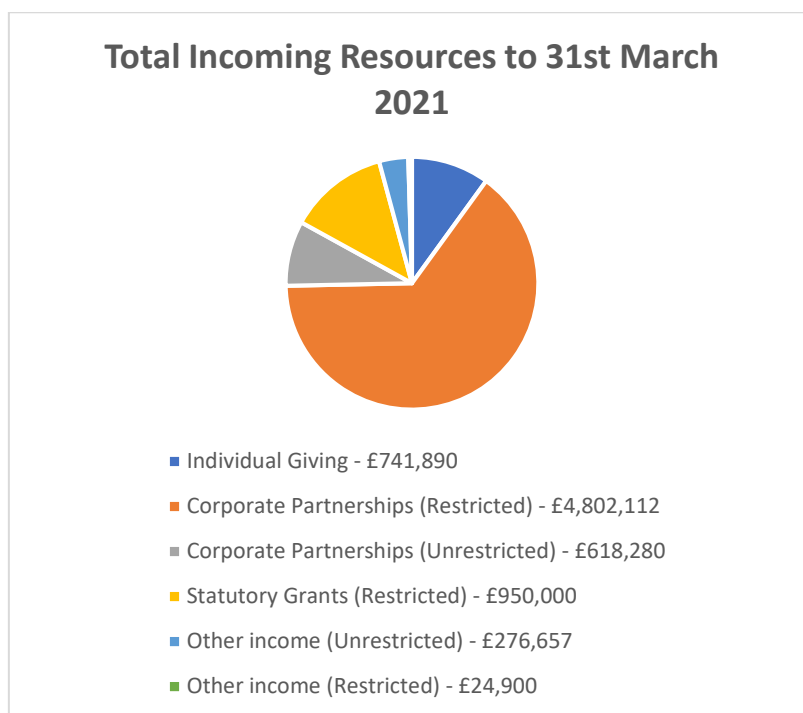
Our *Navigators* programme in partnership with Johnson & Johnson aims to transform the way care and support is delivered to people living with mental health problems. Placing Community Mental Health Navigators in primary care settings, their role is to support people to access community support and services for the things that keep us well, helping reduce the pressure on frontline services, GPs and other medical professionals so they can focus on responding to people's clinical needs. In 2020, our Navigators supported 230 people in Grimsby and North Lincolnshire, Bridgend and Pontyclun, South Wales with issues related to housing, employment, money, physical wellbeing and making connections.

⁸ Rethink Mental Illness, Building Communities that Care, 2019; Available at rethink.org

Financial Review

These accounts represent the period of operations from 1st April 2020 to 31st March 2021. The charity generated £7,112,281 of voluntary income thanks to the generosity of our donors, which exceeded our expectations again for the second year.

The pie chart below indicates that the largest area of fundraising income related to restricted funding from corporate partnerships, which have been assigned against the delivery of a series of programmes of work in agreement with our corporate partners.



Expenditure

Our expenditure during this period is primarily made up of grant making activity, with distributions made to our four founding charity members in accordance with either:

- the restrictions placed on the income received by Mental Health UK
- in the case of unrestricted income in accordance with the grant framework agreement.

Grants awarded during this period supported the ongoing delivery of the Mental Health and Money Advice Service, our new young people's programmes Bloom and Your Resilience, the Community Mental Health Navigators programme, Clic and the Rural Connections programme which will kick off in 2021/22, as well as supporting our founding member charities to further their existing programmes and initiatives.

A summary of the breakdown of our expenditure is included in notes 5-8 of the accounts.

Key Risks and Uncertainties

In relation to the overall financial control procedures, the Charity has in place a plan supplemented by an annual budget approved by the Board of Trustees. Monthly actual results are reported against budget and projections to year end are reviewed by senior management, and the Board of Trustees at appropriate points in their meeting cycle. The Charity's day-to-day financial processes are governed by financial policies approved by the Board. Assurance around compliance with the financial regulations is overseen by Rethink Mental Illness.

Risks are assessed by the Management Team and escalated to the Board accordingly. Trustees are provided with assurance that the major risks which are identified have been reviewed and evaluated on a programmatic basis, taking account of internal controls, systems and other actions pursued to mitigate them. In this way, the Board is satisfied that the risk management strategy is appropriate to the Charity and they have gained assurance regarding the effectiveness of the risk management processes adopted.

The key strategic risks currently facing Mental Health UK are considered to be:

- The ability to continue to generate sufficient income to continue to develop our programmes of work beyond the terms of our existing corporate partnership agreements. As previously indicated we have a clear strategy in place to secure the long-term sustainability of Mental Health and Money Advice beyond the length of the Lloyds Banking Group partnership to ensure that we manage this risk appropriately.
- The long-term change in corporate fundraising. Whilst mental health continues to be a highly relevant cause for big corporations, the way in which businesses are entering partnerships with charities is changing. We are tracking this trend closely and are developing new multifaceted ways of working with big businesses.

Reserves policy

Mental Health UK recognises the importance of maintaining a reserves policy to provide a prudent level of cover to meet future obligations and guard against unforeseen contingencies on a going concern basis.

The reserves of the Charity at the year-end are:

	£
Unrestricted reserves – general funds	1,093,952
Restricted funds	6,021,733
Total funds	<u>7,115,685</u>

Our reserves policy focuses on the level of our “free” reserves. Free reserves are defined as net assets excluding restricted funds, designated funds and the element of general funds that have been used to acquire fixed assets for the Charity's own use.

Our unrestricted reserves at 31 March 2021 were £1,093,952 all of which represent free reserves against a target this year of £135,000. This is sufficient to cover any residual liabilities and redundancies within the support services provided by Rethink Mental Illness as a result of winding up.

Free reserves are currently held in excess of the reserves policy whilst the Charity reviews and understands its requirements for investment in projects to be funded from free reserves in the

coming years, and how best to utilise these funds to support the strategic objectives as detailed in the corporate strategy adopted by the Board in April 2021.

The Board will keep its reserves approach under regular review to ensure that an appropriate balance is maintained between developing reserves to provide sufficient funds to meet its forward obligation, to provide a reserve against unforeseen events and to provide adequate resources to fund new initiatives in order to promote the charitable objects of Mental Health UK. Further details of reserves held at 31 March 2021 are shown in note 14 to the financial statements.

Going Concern

The Trustees have a reasonable expectation that the Charity has adequate resources to continue its activities for the foreseeable future.

The Board have sought to understand and mitigate the impact of COVID-19 as much as possible as the pandemic continues into another financial year.

The budget set for 2021/22 was based on the Lloyds Banking Group Partnership drawing to a close in December 2021. However, we have received confirmation that the partnership will now continue into a 6th year ending December 2022, strengthen the position going forward.

Areas at risk are the achievement of fundraising targets and the external training provision. These are being monitored through the monthly management accounts process.

Cashflow projections and forecasts have been prepared covering at least 12 months which support the continued operations of the Charity. Accordingly, they continue to adopt the going concern basis in preparing the financial statements as outlined in the Statement of Trustees responsibilities.

The areas considered most at risk are noted above.

Plans for the Future

2021 Programmes

In line with the objectives set out in our new Strategy 2021-25, Mental Health UK will continue to support the work of our four founding charities in our existing areas of focus. The Covid-19 pandemic has had a significant impact on the nation's mental health. For many who were already living with a mental health problem, the pandemic has exacerbated their condition, while many more in society have found themselves experiencing mental health problems for the first time.

Our priority is to support everyone with their mental health – whether through keeping well or recovering – as the UK starts to emerge out of this crisis.

Understanding mental health

Mental Health UK and our four founding charities will continue to ensure people have access to quality, evidence-based advice, information and support about mental health conditions and how to better protect and maintain mental health.

Through our information platforms (including websites, webinars, information guides) and helplines, we will continue to increase awareness and understanding of mental health and ensure that people can find the information they need to better support their own, or somebody else's mental health.

We are also piloting a new workplace mental health programme that sees Mental Health UK employees seconded into a business to support staff understand and process their work in a way that supports their mental wellbeing and builds resilience.

Our training and development teams will continue working with business across the UK to improve knowledge and understanding and increase people's likelihood to challenge stigma, while our communications and marketing will continue to raise awareness of mental health. Major campaigns have been built around calendar awareness events including Mental Health Awareness Week (10th – 16th May) and World Suicide Prevention Day (10th September). For World Mental Health Day (October 10th), we have partnered ITN Productions on a new programme 'Forward Together for Mental Health' which will give insight into how the pandemic has advanced the mental health narrative and agenda in the workplace and wider society.

Money problems

Mental Health UK will continue to deliver our Mental Health & Money Advice service in England, Scotland, Wales and Northern Ireland. In 2021/22 we are aiming to support 450,000 people through our website, with an additional 2,700 individuals provided with 1-2-1 support through our helpline. As outlined above, a Scottish version of the toolkit developed and available in England and Wales is in progress and will be rolled out shortly.

The long-term sustainability of Mental Health & Money Advice is dependent on identifying new funding streams for the service, either UK-wide or within each individual nation. In England, the service has expanded to deliver the Money and Pensions Service new *Breathing Space* scheme, providing those experiencing a mental health crisis temporary protection from creditors, as well as time and space to engage with our service and find a longer-term solution for their money troubles. MindWise intends to bid for this service in Northern Ireland when the tender is released in 2022. Mental Health UK are also exploring opportunities to deliver Mental Health & Money Advice on a commercial basis.

Young people's resilience

Our young people's mental health resilience programmes, *Bloom* and *Your Resilience*, will continue to be delivered in schools, colleges and non-educational settings in 2021/22.

With the UK starting to open up again and social distancing restrictions relaxed, we are planning to co-deliver *Bloom* face-to-face in 55 schools and colleges across the UK. The success of online delivery during the Covid-19 pandemic has highlighted the viability of this approach as a delivery method capable of reaching more young people. Alongside face-to-face delivery, we will also deliver 102 full *Bloom* and 28 *Bloom Lite* sessions online for teachers, equipping them to deliver the programme without support in their school or college. August also saw us put on "Feeling the Summer", a virtual festival that delivered a range of interactive events such as workshops, panel discussions and Q&A sessions to support young people's mental health.

As with *Bloom*, the lifting of Covid-19 restrictions will enable us to increase the number of *Your Resilience* courses we deliver, with 38 courses planned for professional sport talent pathways in England and Northern Ireland, and 32 planned for young people connected to CAMHS (Child and Adolescent Mental Health Services) in Scotland and Wales. While an increase on 2020/21, this is still less than originally anticipated for year two of *Your Resilience*. We are therefore negotiating with the donor to extend the programme beyond March 2022 in order to reach our original targets for delivery. We are also applying to the donor for a new two-year project that would enable us to take the learning from each nation and deliver in professional sport talent pathways in Wales and

Scotland, and CAMHS settings in England and Northern Ireland – a reverse of the current set up. This new programme would initially be delivered alongside the extension of the current programme.

Loneliness and isolation

Mental Health UK continues to build the capacity and sustainability of our online peer support service *Clic*. Despite the lifting of restrictions on meeting face-to-face, we want to ensure that people can continue to connect online in a safe environment and build a community where people understand and support each other. 24/7 moderation will continue to be provided by our Welsh founding charity Adferiad Recovery, while colleagues from two more of our corporate partners, Skipton Building Society and Neptune Energy have joined Lloyds Banking Group colleagues in volunteering on the site, help in welcome new users and facilitate conversations.

As services and groups run by our four founding charities restart or come back together in-person, Mental Health UK is providing support. Our partnership with ISG Ltd, has seen centres in Edinburgh, Newport and Doncaster renovated. They now provide a more welcoming environment for our clients to meet and engage with services, supporting their recovery.

Navigating through the system

Our *Community Mental Health Navigators* programme, supported by Johnson & Johnson will extend to Scotland and Northern Ireland in 2021/22 with a Navigator placed in primary care settings in Stranraer and West Belfast respectively to support people experiencing mental health problems access support in the community. The programme will also continue in England and Wales with the positive impact of the programme in Grimsby, North Lincolnshire to-date leading our primary care partner to fund the recruitment of 3 new Navigators to work in their other primary care environments in the area.

The murder of George Floyd in April 2020 created an international paradigm shift on the issue of race with Mental Health UK forced to examine its own position and actions in becoming an anti-racist organisation and contributing to the fight for racial equality. It is clear that there are disproportional levels of prevalence of mental illness, poor record of access and outcomes among people from Black and minority ethnic (BAME) backgrounds in the UK, with strong evidence that for years, the health system has consciously and unconsciously discriminated. Levels of mental health stigma also remain high among many communities of colour for a variety of complex reasons.

Mental Health UK is committed to becoming an anti-racist organisation. To this end, we are recruiting an Associate Director of Racial Equity who will be responsible for identifying our scope of work in this area, including how we can do more to ensure the inclusion of marginalised groups across our programmes and support people from BAME backgrounds to navigate the system. One area we are exploring is how we can work with community-based organisations to better understand the barriers to accessing support and redesign the *Navigator* model to meet the needs of BAME communities.

In January 2021, we announced a new partnership with Neptune Energy to support rural communities across the UK to access the support and services they need for their mental health. Our new *Rural Connections* programme will support rural communities in England, Scotland, Wales and Northern Ireland better manage their mental health and live their best possible life.

Based on the research findings which showed people living in rural areas across the four nations faced similar challenges, but required different solutions, the programme emphasises a flexible approach with activities in each nation designed and adapted to meet local needs and complement existing services. Based around three pillars of increasing awareness, skills development and

improving access, the programme contributes across our five focus areas, with Support in Mind Scotland providing mental health awareness training for rural businesses and Adferiad Recovery mapping services across North Wales and supporting people to access the care they need for example.

Rural Connections, along with other Mental Health UK programmes contribute to the vision and mission outlined in our new strategy: Together, we'll better understand and manage our mental health, and we won't stop until everyone has the tools they need to live their best possible life.

Fundraising Activities

We are so grateful to our supporters for continuing to donate and fundraise for us during a difficult year for so many people. Our supporters have helped us to reach people across the UK, giving them the tools to better manage their mental health. Nearly 1,000 people took part in fundraising events for us during the year, raising £537,000. We received a further £204,000 through donations from our generous supporters.

With in person events out for 2020, Mental Health UK's creative supporters kept on raising money in a year where mental health was talked about more than ever before. Fundraisers took on lots of challenges ranging from runs around their gardens and neighbourhoods to live streaming gaming through Reset for Mental Health. Lots of supporters raised money through Facebook, asking friends and family to make a donation in celebration of a birthday or special event.

During the year, Mental Health UK worked with professional agencies to deliver creative and digital services. Fundraising activities and engagement with supporters were managed directly by the team.

We received no complaints about our fundraising activities.

Registered with the Fundraising Regulator, all of our fundraising activities are carried out in line with the Code of Fundraising Practice. We take great care with our supporters' data, guided by ICO regulation and set out in our Privacy Policy. Our Supporter Promise sets out our high standards in engaging with supporters.

Thank you to the Department for Health and Social Care which provided a grant of £950,000 to expand the delivery of online peer support network Clic and the expansion of Mental Health and Money Advice Service.

Statement of Trustees responsibilities in respect of the Trustees' Annual Report and the financial statements

The Trustees are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and regulations.

Company law requires the Trustees to prepare financial statements for each financial year in accordance with UK Accounting Standards, including Financial Reporting Standard 102, The Financial Reporting Standard applicable in the UK and Republic of Ireland (UK Generally Accepted Accounting Practice).

The financial statements are required by law to give a true and fair view of the state of affairs of the Charitable Company and of the excess of income over expenditure for that period.

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

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charitable Company will continue its activities.

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that its financial statements comply with the Companies Act 2006. They have general responsibility for taking such steps as are reasonably open to them to safeguard the assets of the Charitable Company and to prevent and detect fraud and other irregularities.

The Trustees are responsible for the maintenance and integrity of the Charity and financial information included on the Charitable Company's website. Legislation in the UK governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

This Annual Report of the Trustees, under the Charities Act 2011, was approved by the Board of Trustees on the 26 November 2021 including approving in their capability as Directors the Trustees Strategic Report and Directors' Report contained therein, and is signed as authorised on its behalf by the Chair of the Board of Trustees.



Paul Jenkins
Chair of the Trustees
Date: 26 November 2021

INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF MENTAL HEALTH UK

Opinion

We have audited the financial statements of Mental Health UK (the 'charity') for the year ended 31 March 2021 which comprise the Statement of Financial Activities, the Balance sheet, the Statement of cash flows and the related notes, 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).

The financial statements have been prepared in accordance with Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standards applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has been withdrawn.

This has been done in order for the accounts to provide a true and fair view in accordance with the Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

In our opinion the financial statements:

- give a true and fair view of the state of the charity's affairs as at 31 March 2021 and of its incoming resources and application of resources 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 Auditor's 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 United Kingdom, including the Financial Reporting Council'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.

INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF MENTAL HEALTH UK (CONTINUED)

Other information

The other information comprises the information included in the Annual report other than the financial statements and our Auditor's report thereon. The Trustees are responsible for the other information contained within the Annual report. 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. 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 course of 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 Trustees' report is inconsistent in any material respect with the financial statements; or
- sufficient accounting records have not been kept; 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 Trustees' responsibilities statement, the Trustees are responsible for the preparation of the financial statements which 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.

INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF MENTAL HEALTH UK (CONTINUED)

Auditor's responsibilities for the audit of the financial statements

We have been appointed as auditor under section 145 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 an Auditor's report 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.

Extent to which the audit was considered capable of detecting irregularities, including fraud

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We identified and assessed the risks of material misstatement of the financial statements from irregularities, whether due to fraud or error, and discussed these between our audit team members. We then designed and performed audit procedures responsive to those risks, including obtaining audit evidence sufficient and appropriate to provide a basis for our opinion.

We obtained an understanding of the legal and regulatory frameworks within which the charity, focusing on those laws and regulations that have a direct effect on the determination of material amounts and disclosures in the financial statements. The laws and regulations we considered in this context were the Charities Act together with the Charities SORP (FRS 102). We assessed the required compliance with these laws and regulations as part of our audit procedures on the related financial statement items.

In addition, we considered provisions of other laws and regulations that do not have a direct effect on the financial statements but compliance with which might be fundamental to the charity's ability to operate or to avoid a material penalty. We also considered the opportunities and incentives that may exist within the charity for fraud. The laws and regulations we considered in this context for the UK operations were General Data Protection Regulation (GDPR), Health and safety legislation, and Employment legislation.

Auditing standards limit the required audit procedures to identify non-compliance with these laws and regulations to enquiry of the Trustees and other management and inspection of regulatory and legal correspondence, if any. We identified the greatest risk of material impact on the financial statements from irregularities, including fraud, to be within the timing of recognition of income and the override of controls by management. Our audit procedures to respond to these risks included enquiries of management, and the Audit and Quality Assurance Committee about their own identification and assessment of the risks of irregularities, sample testing on the posting of journals, designing audit procedures over the timing of recognition of income, reviewing accounting estimates for biases, reviewing regulatory correspondence with the Charity Commission, and reading minutes of meetings of those charged with governance.

Owing to the inherent limitations of an audit, there is an unavoidable risk that we may not have detected some material misstatements in the financial statements, even though we have properly planned and performed our audit in accordance with auditing standards. For example, the further removed non-compliance with laws and regulations (irregularities) is from the events and transactions reflected in the financial statements, the less likely the inherently limited procedures required by auditing standards would identify it. In addition, as with any audit, there remained a higher risk of non-detection of irregularities, as these may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal controls. We are not responsible for preventing non-

MENTAL HEALTH UK

INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF MENTAL HEALTH UK (CONTINUED)

compliance and cannot be expected to detect non-compliance with all laws and regulations.

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 Auditor's report.

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 Auditor's 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 its trustees, as a body, for our audit work, for this report, or for the opinions we have formed.

Crowe UK LLP

Crowe U.K. LLP

Statutory Auditor

Black Country House

Rounds Green Road

Oldbury

West Midlands

B69 2DG

Date: 1 December 2021

Crowe U.K. LLP are eligible to act as auditors in terms of section 1212 of the Companies Act 2006.

MENTAL HEALTH UK

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2021

	Note	Unrestricted funds 2021 £	Restricted funds 2021 £	Total funds 2021 £	Total funds 2020 £
Income from:					
Donations and legacies	3	1,360,153	5,752,128	7,112,281	4,387,545
Charitable activities	4	276,657	34,900	311,557	202,243
Total income		1,636,810	5,787,028	7,423,838	4,589,788
Expenditure on:					
Charitable activities	5	1,064,303	3,068,997	4,133,300	4,280,188
Total expenditure		1,064,303	3,068,997	4,133,300	4,280,188
Net income		572,507	2,718,031	3,290,538	309,600
Transfers between funds	13	(2,461)	2,461	-	-
Net movement in funds		570,046	2,720,492	3,290,538	309,600
Reconciliation of funds:					
Total funds brought forward		523,906	3,301,241	3,825,147	3,515,547
Net movement in funds		570,046	2,720,492	3,290,538	309,600
Total funds carried forward		1,093,952	6,021,733	7,115,685	3,825,147

The Statement of Financial Activities includes all gains and losses recognised in the year.

The notes on pages 23 to 37 form part of these financial statements.

MENTAL HEALTH UK

**BALANCE SHEET
AS AT 31 MARCH 2021**

	Note	2021 £	2020 £
Current assets			
Stocks	10	4,485	9,412
Debtors	11	1,848,968	2,079,678
Cash at bank and in hand		6,051,488	2,436,551
		<u>7,904,941</u>	<u>4,525,641</u>
Creditors: amounts falling due within one year	12	(789,256)	(700,494)
Net current assets		<u>7,115,685</u>	<u>3,825,147</u>
Total assets less current liabilities		<u>7,115,685</u>	<u>3,825,147</u>
Total net assets		<u>7,115,685</u>	<u>3,825,147</u>
Charity funds			
Restricted funds	13	6,021,733	3,301,241
Unrestricted funds	13	1,093,952	523,906
Total funds		<u>7,115,685</u>	<u>3,825,147</u>

The financial statements were approved and authorised for issue by the Trustees on 26 November 2021, and signed on their behalf by:



Paul Jenkins
Chair of the Trustees
Date: 26 November 2021

The notes on pages 23 to 37 form part of these financial statements.

MENTAL HEALTH UK

STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 31 MARCH 2021

		2021 £	2020 £
Cash flows from operating activities			
Net cash used in operating activities	16	3,614,937	768,152
Change in cash and cash equivalents in the year		3,614,937	768,152
Cash and cash equivalents at the beginning of the year		2,436,551	1,668,399
Cash and cash equivalents at the end of the year		6,051,488	2,436,551

The notes on pages 23 to 37 form part of these financial statements

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021**

1. General information

The Charity was set up on 19 December 2016 as a Charitable Incorporated Organisation (CIO) , registered in England and Wales, and treated as a public benefit entity.

Registered Office, 15th Floor, 89 Albert Embankment, London SE1 7TP.

Principal Office, 1st Floor Castlemill, Birmingham New Road, Tipton, DY4 7UF.

2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements 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), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

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 required to provide a 'true and fair' view. This departure has involved following the Charities SORP (FRS 102) published on 16 July 2014 rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2005 which has since been withdrawn.

Mental Health UK meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

2.2 Going concern

After making enquiries, the Trustees have a reasonable expectation that the Charity has adequate resources to continue its activities for the foreseeable future. Accordingly, they continue to adopt the going concern basis in preparing the financial statements as outlined in the Statement of Trustees responsibilities.

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

2. Accounting policies (continued)

2.3 Income

All income is recognised once the Charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

The recognition of income from legacies is dependent on establishing entitlement, the probability of receipt and the ability to estimate with sufficient accuracy the amount receivable. Evidence of entitlement to a legacy exists when the Charity has sufficient evidence that a gift has been left to them (through knowledge of the existence of a valid will and the death of the benefactor) and the executor is satisfied that the property in question will not be required to satisfy claims in the estate. Receipt of a legacy must be recognised when it is probable that it will be received and the fair value of the amount receivable, which will generally be the expected cash amount to be distributed to the Charity, can be reliably measured.

Grants are included in the Statement of financial activities on a receivable basis. The balance of income received for specific purposes but not expended during the period is shown in the relevant funds on the Balance sheet. Where income is received in advance of entitlement of receipt, its recognition is deferred and included in creditors as deferred income. Where entitlement occurs before income is received, the income is accrued.

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

2. Accounting policies (continued)

2.4 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, 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 classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Charity's objectives, as well as any associated support costs.

Grants payable are charged in the year when the offer is made except in those cases where the offer is conditional, such grants being recognised as expenditure when the conditions attaching are fulfilled. Grants offered subject to conditions which have not been met at the year end are noted as a commitment, but not accrued as expenditure.

All expenditure is inclusive of irrecoverable VAT.

2.5 Stocks

Stocks are valued at the lower of cost and net realisable value after making due allowance for obsolete and slow-moving stocks. Cost includes all direct costs and an appropriate proportion of fixed and variable overheads.

2.6 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.

2.7 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.

2.8 Liabilities and provisions

Liabilities 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 or the amount it has received as advanced payments for the goods or services it must provide.

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.

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

2. Accounting policies (continued)

2.9 Financial instruments

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

2.10 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the Trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Charity for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

2.11 Critical accounting estimates and areas of judgment

In the application of the accounting policies, Governors are required to make judgement, estimates, and assumptions about the carrying value of assets and liabilities that are not readily apparent from other sources. The estimates and underlying assumptions are based on historical experience and other factors that are considered to relevant. Actual results may differ from these estimates.

No significant judgements or estimates have been made in the preparation of these financial statements.

3. Income from donations and legacies

	Unrestricted funds 2021 £	Restricted funds 2021 £	Total funds 2021 £
Donations	1,287,753	4,583,504	5,871,257
Grants	72,400	1,168,624	1,241,024
	<u>1,360,153</u>	<u>5,752,128</u>	<u>7,112,281</u>

MENTAL HEALTH UK

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021**

3. Income from donations and legacies (continued)

	<i>Unrestricted funds 2020 £</i>	<i>Restricted funds 2020 £</i>	<i>Total funds 2020 £</i>
Donations	1,110,120	3,237,425	4,347,545
Legacies	40,000	-	40,000
	<u>1,150,120</u>	<u>3,237,425</u>	<u>4,387,545</u>

4. Income from charitable activities

	Unrestricted funds 2021 £	Restricted funds 2021 £	Total funds 2021 £
Educational income	<u>276,657</u>	<u>34,900</u>	<u>311,557</u>

	<i>Unrestricted funds 2020 £</i>	<i>Total funds 2020 £</i>
Educational income	<u>202,243</u>	<u>202,243</u>

5. Expenditure on charitable activities

	Direct costs 2021 £	Support costs 2021 £	Total funds 2021 £
Grants	3,277,371	334,187	3,611,558
Educational costs	466,204	55,538	521,742
	<u>3,743,575</u>	<u>389,725</u>	<u>4,133,300</u>

MENTAL HEALTH UK

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021**

5. Expenditure on charitable activities (continued)	<i>Direct costs</i>	<i>Support costs</i>	<i>Total funds</i>
	<i>2020</i>	<i>2020</i>	<i>2020</i>
	£	£	£
Grants	3,779,526	327,905	4,107,431
Educational costs	157,592	15,115	172,707
	<u>3,937,118</u>	<u>343,020</u>	<u>4,280,138</u>

6. Analysis of grants

	Unrestricted funds	Restricted funds	Total funds
	2021	2021	2021
	£	£	£
Rethink Mental Illness	421,000	1,814,034	2,235,034
Support in Mind	41,000	287,279	328,279
Hafal	24,000	455,719	479,719
Mindwise	14,000	220,339	234,339
	<u>500,000</u>	<u>2,777,371</u>	<u>3,277,371</u>

	<i>Unrestricted funds</i>	<i>Restricted funds</i>	<i>Total funds</i>
	<i>2020</i>	<i>2020</i>	<i>2020</i>
	£	£	£
Rethink Mental Illness	513,312	2,036,320	2,549,632
Support in Mind	52,931	434,296	487,227
Hafal	31,573	417,979	449,552
Mindwise	17,144	276,021	293,165
	<u>614,960</u>	<u>3,164,616</u>	<u>3,779,576</u>

MENTAL HEALTH UK

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021**

7. Analysis of support costs

	Unrestricted funds 2021 £	Total funds 2021 £
Finance, HR and IT	253,272	253,272
Events	66,040	66,040
Communication	24,237	24,237
Auditors' remuneration	8,000	8,000
Insurance	5,651	5,651
Just giving charges	15,751	15,751
Bank charges	1,744	1,744
Legal	15,030	15,030
	389,725	389,725

	<i>Unrestricted funds 2020 £</i>	<i>Total funds 2020 £</i>
Finance, HR and IT	251,728	251,728
Events	66,144	66,144
Communication	6,636	6,636
Auditors' remuneration	9,300	9,300
Insurance	5,709	5,709
Just giving charges	346	346
Bank charges	3,157	3,157
	343,020	343,020

8. Net income/(expenditure)

	2021 £	2020 £
This is stated after charging:		
Auditors remuneration	8,000	9,300

MENTAL HEALTH UK

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

9. Trustees' remuneration and expenses

During the year ended 31 March 2021, no Trustees received any remuneration or other benefits (2020 - £NIL). During the year ended 31 March 2021, no Trustee expenses have been incurred (2020 - £NIL).

10. Stocks

	2021 £	2020 £
Stock	4,485	9,412

11. Debtors

	2021 £	2020 £
Due after more than one year		
Amounts owed by members	1,075,688	-
	1,075,688	-
Due within one year		
Trade debtors	126,759	31,576
Amounts owed by members	600,000	1,997,919
Other debtors	17,914	-
Prepayments and accrued income	28,607	50,183
	1,848,968	2,079,678

MENTAL HEALTH UK

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

12. Creditors: Amounts falling due within one year

	2021 £	2020 £
Trade creditors	99,696	-
Amounts owed to members	-	309,437
Other taxation and social security	-	2,471
Accruals and deferred income	689,560	388,586
	<u>789,256</u>	<u>700,494</u>

MENTAL HEALTH UK

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021**

13. Statement of funds

Statement of funds - current year

	Balance at 1 April 2020 £	Income £	Expenditure £	Transfers in/out £	Balance at 31 March 2021 £
Unrestricted funds					
Designated funds					
Hopes & Dreams	-	-	-	267,000	267,000
General funds					
General Funds - all funds	523,906	1,636,810	(1,064,303)	(269,461)	826,952
Total Unrestricted funds	523,906	1,636,810	(1,064,303)	(2,461)	1,093,952
Restricted funds					
Lloyds Banking Group	3,301,241	4,413,435	(1,844,365)	-	5,870,311
Johnson & Johnson	-	238,193	(238,193)	-	-
Allan & Gill Gray	-	72,400	(12,372)	-	60,028
IWOCA Ltd	-	18,000	(18,117)	117	-
Department of Health	-	950,000	(952,344)	2,344	-
Neptune	-	95,000	(3,606)	-	91,394
	3,301,241	5,787,028	(3,068,997)	2,461	6,021,733
Total of funds	3,825,147	7,423,838	(4,133,300)	-	7,115,685

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

13. Statement of funds (continued)

Designated Funds

Hopes & Dreams:

A new designated fund was set up in the year for investment into future activities pertaining to mass scale covid recovery and funds were transferred from unrestricted funds.

Restricted Funds

Lloyds Banking Group:

The Lloyds Banking Group restricted funds relate to an agreement with Mental Health UK to establish and run the Mental Health and Money Advice Services across the four member charities, Rethink Mental Illness, Hafal, Support in Mind Scotland and Mindwise.

Johnson & Johnson:

Over the next three years our partnership will enable us to pilot a navigation programme in primary care in four locations across the UK.

Allan & Gill Gray:

Over 2020-22 this partnership will enable us to deliver resilience workshops to young people in CAMHS and sports talent pathways

IWOCA: Ltd

This funding enabled us to work collaboratively with iwoca to research the mental health issues and needs of small business owners.

Department of Health (DHSC):

Funding received to support the Mental Health and Money Advice line and Clic during the pandemic.

Neptune:

Funding for supporting people with poor mental health in rural communities.

Pizza Hut:

Unrestricted funding to further the aims of the charity. This had been included within restricted funding within 2019 and has been transferred to unrestricted funds the prior year.

MENTAL HEALTH UK

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021**

13. Statement of funds (continued)

Statement of funds - prior year

	<i>Balance at 1 April 2019 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Transfers in/out £</i>	<i>Balance at 31 March 2020 £</i>
Unrestricted funds					
General Funds - all funds	273,207	1,352,363	(1,115,572)	13,908	523,906
Restricted funds					
Lloyds Banking Group	3,228,432	3,199,727	(3,126,918)	-	3,301,241
Pizza Hut	13,908	-	-	(13,908)	-
Johnson & Johnson	-	37,698	(37,698)	-	-
	<u>3,242,340</u>	<u>3,237,425</u>	<u>(3,164,616)</u>	<u>(13,908)</u>	<u>3,301,241</u>
Total of funds	<u>3,515,547</u>	<u>4,589,788</u>	<u>(4,280,188)</u>	<u>-</u>	<u>3,825,147</u>

14. Summary of funds

Summary of funds - current year

	<i>Balance at 1 April 2020 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Transfers in/out £</i>	<i>Balance at 31 March 2021 £</i>
Designated funds	-	-	-	267,000	267,000
General funds	523,906	1,636,810	(1,064,303)	(269,461)	826,952
Restricted funds	3,301,241	5,787,028	(3,068,997)	2,461	6,021,733
	<u>3,825,147</u>	<u>7,423,838</u>	<u>(4,133,300)</u>	<u>-</u>	<u>7,115,685</u>

MENTAL HEALTH UK

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021**

14. Summary of funds (continued)

Summary of funds - prior year

	<i>Balance at 1 April 2019</i>	<i>Income</i>	<i>Expenditure</i>	<i>Transfers in/out</i>	<i>Balance at 31 March 2020</i>
	£	£	£	£	£
General funds	273,207	1,352,363	(1,115,572)	13,908	523,906
Restricted funds	3,242,340	3,237,425	(3,164,616)	(13,908)	3,301,241
	<u>3,515,547</u>	<u>4,589,788</u>	<u>(4,280,188)</u>	<u>-</u>	<u>3,825,147</u>

15. Analysis of net assets between funds

Analysis of net assets between funds - current year

	Unrestricted funds 2021	Restricted funds 2021	Total funds 2021
	£	£	£
Debtors due after more than one year	1,075,688	-	1,075,688
Current assets	265,703	6,563,550	6,829,253
Creditors due within one year	(247,439)	(541,817)	(789,256)
Total	<u>1,093,952</u>	<u>6,021,733</u>	<u>7,115,685</u>

Analysis of net assets between funds - prior year

	<i>Unrestricted funds 2020</i>	<i>Restricted funds 2020</i>	<i>Total funds 2020</i>
	£	£	£
Current assets	545,453	3,980,188	4,525,641
Creditors due within one year	(21,547)	(678,947)	(700,494)
Total	<u>523,906</u>	<u>3,301,241</u>	<u>3,825,147</u>

MENTAL HEALTH UK

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021**

16. Reconciliation of net movement in funds to net cash flow from operating activities

	2021 £	2020 £
Net income for the year (as per Statement of Financial Activities)	3,290,538	309,600
Adjustments for:		
Decrease/(increase) in stocks	4,927	(9,412)
Decrease/(increase) in debtors	230,710	(50,941)
Increase/(decrease) in creditors	88,762	518,905
Net cash provided by operating activities	3,614,937	768,152

17. Analysis of cash and cash equivalents

	2021 £	2020 £
Cash at bank and in hand	6,051,488	2,436,551
Total cash and cash equivalents	6,051,488	2,436,551

18. Analysis of changes in net debt

	At 1 April 2020 £	Cash flows £	At 31 March 2021 £
Cash at bank and in hand	2,436,551	3,614,937	6,051,488
	2,436,551	3,614,937	6,051,488

19. Connected entities

Rethink Mental Illness, Hafal in Wales, MindWise in Northern Ireland and Support In Mind Scotland in Scotland are all members of Mental Health UK. Mental Health UK is not controlled by any one of these entities. All support costs are recharged from Rethink Mental Illness and total £381,725 (2020: £343,020).

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021**

20. Key management personnel

Key management personnel are considered to be the Trustees, none of which received any remuneration during the period. The Senior Management Team are also considered to be key management personnel. Salaries amounting to £145,607 (2020: £93,876), including employers' national insurance and pension contributions were recharged to the charity from Rethink Mental Illness in respect of the Senior Management Team. There are no other related party transactions in the year ended 31 March 2021.

21. Volunteers

One of the charity's main donors, Lloyds Banking Group Plc, volunteer staff to help the charity in various ways such as running customer feedback workshops and helping to write databases to develop the helpline as well as other general volunteering. Each Lloyds Banking Group staff member can volunteer up to one day per annum.