

Charity number: 1170815

# **MENTAL HEALTH UK**

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

# MENTAL HEALTH UK

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**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

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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 7<sup>th</sup> April 2023)

**Chief Financial Officer:** Tracey Simkins (resigned 31<sup>st</sup> July 2023)

**Director of Delivery:** Deidre Bowen (started 4<sup>th</sup> April 2022)

**Director of Fundraising:** Caroline Crowther (started 16<sup>th</sup> May 2022)

**Director of Campaigns and Communications:** James Harris (started 7<sup>th</sup> April 2023)

**Director of Policy and Practice:** Lucy Schonegevel (started 1<sup>st</sup> 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](http://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

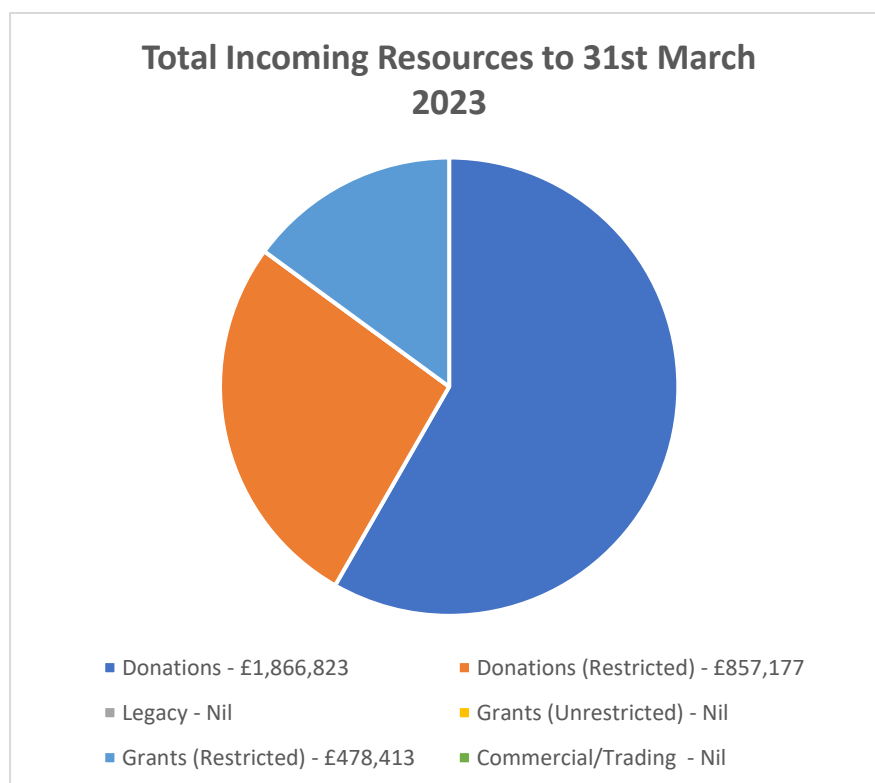
YEAR ENDED 31 MARCH 2023

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

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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: 30<sup>th</sup> November 2023

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

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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 30<sup>th</sup> 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](http://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 £
<b>Income from:</b>					
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
<b>Total income</b>		<b>2,346,924</b>	<b>1,335,590</b>	<b>3,682,515</b>	<b>5,733,087</b>
<b>Expenditure on:</b>					
Raising funds		643,132	-	643,132	163,751
Charitable activities		1,366,238	3,378,721	4,744,959	4,204,795
Other		-	-	-	-
<b>Total expenditure</b>		<b>2,009,370</b>	<b>3,378,721</b>	<b>5,388,092</b>	<b>4,348,546</b>
<b>Net movement in funds</b>		<b>337,554</b>	<b>(2,043,131)</b>	<b>(1,705,577)</b>	<b>1,384,541</b>
<b>Reconciliation of funds:</b>					
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
<b>Total funds carried forward</b>		<b>2,435,265</b>	<b>4,359,384</b>	<b>6,794,649</b>	<b>8,500,226</b>

CONSOLIDATED GROUP AND CHARITY BALANCE SHEETS

AS AT 31 MARCH 2023

	Note	Group 2023 £	2022 £	Charity 2023 £	2022 £
<b>Current assets:</b>					
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>
<b>Creditors:</b> 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>
<b>Net current assets</b>		<u>6,794,650</u>	<u>8,500,226</u>	<u>6,763,292</u>	<u>8,300,772</u>
<b>Total assets less current liabilities</b>		<u>6,794,650</u>	<u>8,500,226</u>	<u>6,763,292</u>	<u>8,300,772</u>
<b>Total net assets</b>		<u>6,794,650</u>	<u>8,500,226</u>	<u>6,763,292</u>	<u>8,300,772</u>
<b>Charity Funds:</b>					
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 £
<b>Cash flows from operating activities</b>		
Net cash used in operating activities	(2,065,557)	2,890,049
<b>Change in cash and cash equivalents in the year</b>	(2,065,557)	2,890,049
Cash and cash equivalents at the beginning of the year	8,941,537	6,051,488
<b>Cash and cash equivalents at the end of the year</b>	<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

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**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

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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 £
<b>Raising funds:</b>						
Fundraising	556,587	86,546	643,132	151,333	12,418	163,751
<b>Charitable activity:</b>						
Grants	4,152,105	592,854	4,744,959	3,477,024	285,325	3,762,349
<b>Other expenditure:</b>						
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 £
<b>Due after more than one year:</b>				
Amounts owed by members	-	475,688	-	475,688
<b>Due within one year:</b>				
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 £
<b>Unrestricted funds</b>	<b>1,830,711</b>	<b>2,314,958</b>	<b>(1,977,405)</b>	<b>(790,587)</b>	<b>1,377,678</b>
<b>Designated funds:</b>					
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
<b>Total Unrestricted funds</b>	<b>2,097,711</b>	<b>2,346,924</b>	<b>(2,009,371)</b>	<b>-</b>	<b>2,435,265</b>
<b>Restricted funds:</b>					
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
<b>Total Restricted funds</b>	<b>6,402,515</b>	<b>1,335,590</b>	<b>(3,378,721)</b>	<b>-</b>	<b>4,359,384</b>
<b>Total of funds</b>	<b>8,500,226</b>	<b>3,682,515</b>	<b>(5,388,092)</b>	<b>-</b>	<b>6,794,649</b>

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 £
<b>Unrestricted funds</b>	826,952	2,273,918	(1,270,159)	1,830,711
<b>Designated funds:</b>				
Hopes & Dreams	267,000	-	-	267,000
Clic	-	13,906	(13,906)	-
	267,000	13,906	(13,906)	267,000
<b>Total Unrestricted funds</b>	1,093,952	2,287,824	(1,284,065)	2,097,711
<b>Restricted funds:</b>				
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)	-
<b>Total Restricted funds</b>	6,021,733	3,445,263	(3,064,481)	6,402,515
<b>Total of funds</b>	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**

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

**15. Analysis of changes in net funds**

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

<b>Name</b>	<b>Company Number</b>	<b>Registered office or principal place of business</b>	<b>Principal activity</b>
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
<b>Class of shares</b>	<b>Holding</b>	<b>Included in consolidation</b>	
Ordinary	100%	Yes	

The financial results of the subsidiary for the year were:

<b>Name</b>	<b>Income £</b>	<b>Expenditure £</b>	<b>Profit for the year £</b>	<b>Net assets £</b>
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).