

UPRAWR MENTAL HEALTH FOUNDATION

England & Wales · Charity number 1178183

Details

Status Registered

Legal form CIO

Registered 2018-05-01

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

Contact

Address Uprawr Rehearsal Studios
41-43 Hampton Street
Birmingham
B19 3LS

Phone 01212331109

Email foundation@totaluprawr.com

Activities

Objects: THE OBJECTS OF THE CIO ARE FOR THE PUBLIC BENEFIT TO PRESERVE AND PROTECT GOOD PHYSICAL AND MENTAL HEALTH, IN PARTICULAR, BUT NOT EXCLUSIVELY BY:-3.1 IMPROVING THE MENTAL HEALTH AND EMOTIONAL RESILIENCE OF YOUNG ADULTS WHO ARE PART OF THE ROCK AND ALTERNATIVE MUSIC SCENE WHO ARE IN NEED BY REASON OF ILL-HEALTH OR OTHER DISADVANTAGE INCLUDING BY PROVIDING COUNSELLING AND OTHER SUPPORT IN NON-CLINICAL MUSIC-INDUSTRY RELATED VENUES; AND3.2 RAISE AWARENESS AND UNDERSTANDING WITHIN THE MUSIC COMMUNITY OF MENTAL HEALTH ISSUES.

Activities: At UPRAWR Mental Health Foundation we will offer free mental health support and counselling to people between the ages of 18 and 35 who relate to the rock and alternative music scene.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Disability
- **Who:** The General Public/mankind

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-30	£266,435	£164,941	-	-
2024-04-30	£22,214	£19,329	-	-
2023-04-30	£43,280	£12,198	-	-
2022-04-30	£1,195	£2,425	-	-
2021-04-30	£744	£2,565	-	-

Trustees

Name	Role	Appointed
Peter Suddock		2022-03-04
Roy davis		2018-05-01
Thomas John Ross		2018-05-01

UPRAWR MENTAL HEALTH FOUNDATION

England & Wales - Charity number 1178183

Accounts



Trustees' Annual Report for the period

From 1 May 2024 to 30 April 2025

Charity name: UPRAWR Mental Health Foundation

Charity registration number: 11788183

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	Improving the mental health and emotional resilience of young adults who are part of the rock and alternative music scene who are in need by reason of ill-health or other disadvantage including by providing counselling and other support in nonclinical music-industry related venues; and Raise awareness and understanding within the music community of mental health issues.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	What Counselling support Who Young people How Providing advocacy/advice/information Acting as a resource body and support network
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The Trustees have considered and are satisfied that the charity has met the public benefit requirement. The charity operates solely for the benefit of the public.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	

Contribution made by volunteers	Para 1.38	
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>Maintaining and growing communications</p> <p>Peer support</p> <p>Event appearances</p>

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		

Financial Review

Review of the charity' s financial position at the end of the period	Para 1.21	The charity has a positive Statement of Financial Position, with unrestricted funds of £122,312
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	The unrestricted reserves are primarily to cover the development and future running expense of the charity.
Amount of reserves held	Para 1.22	£122,312
Reasons for holding zero reserves	Para 1.22	Please see above
Details of fund materially in deficit	Para 1.24	Please see above
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	Please see above

Additional information (optional)

You may choose to include further statements where relevant about:

The charity' s principal sources of funds (including any fundraising)	Para 1.47	
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	
Other		

Structure, Governance and Management

Description of charity' s trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	Charitable Incorporated Organisation
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Elected

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity' s organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	UPRWAR Mental Health Foundation
Other name the charity uses	
Registered charity number	1178183
Charity' s principal address	41-43 Hampton Street Birmingham B19 3LS

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/A

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

--

Other optional information

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Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

--	--

Full name(s)

Roy Davis

Roy Davis	
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Position (eg
Secretary, Chair, etc)

Trustee

Trustee	
---------	--

Date

31/01/2026

31/01/2026

UPRAWR MENTAL HEALTH FOUNDATION

England & Wales - Charity number 1178183

Accounts



Trustees' Annual Report for the period

From 1 May 2023 to 30 April 2024

Charity name: UPRAWR Mental Health Foundation

Charity registration number: 11788183

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	Improving the mental health and emotional resilience of young adults who are part of the rock and alternative music scene who are in need by reason of ill-health or other disadvantage including by providing counselling and other support in nonclinical music-industry related venues; and Raise awareness and understanding within the music community of mental health issues.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	What Counselling support Who Young people How Providing advocacy/advice/information Acting as a resource body and support network
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The Trustees have considered and are satisfied that the charity has met the public benefit requirement. The charity operates solely for the benefit of the public.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	

Contribution made by volunteers	Para 1.38	
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>Maintaining and growing communications</p> <p>Peer support</p> <p>Event appearances</p>

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	The charity has a net deficiency of assets at the balance sheet date, however creditors are related parties that are not seeking repayment until and unless the charity is in a strong financial position and able to repay. In light of this the trustees consider that the charity has sufficient reserves.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	The unrestricted reserves are primarily to cover the development and future running expense of the charity.
Amount of reserves held	Para 1.22	£34,222
Reasons for holding zero reserves	Para 1.22	Please see above
Details of fund materially in deficit	Para 1.24	Please see above
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	Please see above

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	Charitable Incorporated Organisation
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Elected

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	UPRWAR Mental Health Foundation
Other name the charity uses	
Registered charity number	1178183
Charity's principal address	41-43 Hampton Street Birmingham B19 3LS

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Roy Davis			
2	Tom Ross			
3	Peter Suddock			
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/A

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
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Name of chief executive or names of senior staff members (Optional information)

--

Exemptions from disclosure

Reason for non-disclosure of key personnel details

--

Other optional information

--

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Roy Davis	
Position (eg Secretary, Chair, etc)	Trustee	
Date	31/10/2024	



Receipts and payments accounts

CC16a

For the period from	01-05-23	To	30-04-24
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations received	7,797	-	-	7,797	6,713
Sales	3,943	-	-	3,943	-
Grants receivable	9,980	-	-	9,980	36,550
Bank interest receivable	494	-	-	494	17
Sub total (Gross income for AR)	22,214	-	-	22,214	43,280
Total receipts	22,214	-	-	22,214	43,280
A3 Payments					
Printing, postage and stationery	1,007	-	-	1,007	197
Travel and subsistence	-	-	-	-	406
IT software and website	3,098	-	-	3,098	1,913
Subscriptions	331	-	-	331	132
Bank charges	12	-	-	12	39
Freelance Counsellors	9,424	-	-	9,424	8,080
Accountancy fees	-	-	-	-	594
Advertising	4,907	-	-	4,907	398
Insurance	374	-	-	374	372
Sundry expenses	176	-	-	176	67
Sub total	19,329	-	-	19,329	12,198
Total payments	19,329	-	-	19,329	12,198
Net of receipts/(payments)	2,885	-	-	2,885	31,082
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	31,337	-	-	31,337	255
Cash funds this year end	34,222	-	-	34,222	31,337

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cash at Bank	34,222	-	-
		-	-	-
		-	-	-
	Total cash funds <small>(agree balances with receipts and payments account(s))</small>	34,222	-	-
		OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	Details			
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
	Furniture and equipment	3599	-	-
		-	-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
	Loan from Trustee	-	-	-
	Other creditors	17,003	-	-
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
		Roy Davis		

UPRAWR MENTAL HEALTH FOUNDATION

England & Wales - Charity number 1178183

Accounts



Trustees' Annual Report for the period

From 1 May 2022 to 30 April 2023

Charity name: UPRAWR Mental Health Foundation

Charity registration number: 11788183

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	Improving the mental health and emotional resilience of young adults who are part of the rock and alternative music scene who are in need by reason of ill-health or other disadvantage including by providing counselling and other support in nonclinical music-industry related venues; and Raise awareness and understanding within the music community of mental health issues.
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Additional information (optional)

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Other		

Financial Review

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Statement explaining the policy for holding reserves stating why they are held	Para 1.22	The unrestricted reserves are primarily to cover the development and future running expense of the charity.
Amount of reserves held	Para 1.22	£31,337
Reasons for holding zero reserves	Para 1.22	Please see above
Details of fund materially in deficit	Para 1.24	Please see above
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	Please see above

Additional information (optional)

You may choose to include further statements where relevant about:

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Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Elected

Additional information (optional)

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Reference and Administrative details

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Other name the charity uses	
Registered charity number	1178183
Charity's principal address	41-43 Hampton Street Birmingham B19 3LS

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Roy Davis			
2	Tom Ross			
3	Peter Suddock			
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5				
6				
7				
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17				
18				
19				
20				

Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/A

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
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Name of chief executive or names of senior staff members (Optional information)

--

Exemptions from disclosure

Reason for non-disclosure of key personnel details

--

Other optional information

--

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Roy Davis	
Position (eg Secretary, Chair, etc)	Trustee	
Date	31/10/2023	

Receipts and payments accounts

For the period from	01/05/2022	To	30/04/2023
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations received	6,713	-	-	6,713	1,195
Grants receivable	10,000	26,550	-	36,550	-
Bank interest receivable	17	-	-	17	-
Sub total (Gross income for AR)	16,730	26,550	-	43,280	1,195
Total receipts	16,730	26,550	-	43,280	1,195
A3 Payments					
Printing, postage and stationery	197	-	-	197	144
Travel and subsistence	406	-	-	406	-
IT software and website	1,913	-	-	1,913	687
Subscriptions	132	-	-	132	-
Bank charges	39	-	-	39	195
Freelance Counsellors	8,080	-	-	8,080	-
Accountancy fees	594	-	-	594	600
Advertising	398	-	-	398	799
Insurance	372	-	-	372	-
Sundry expenses	67	-	-	67	-
Sub total	12,198	-	-	12,198	2,425
A4 Asset and investment purchases, (see table)					
Loan repayments made	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	12,198	-	-	12,198	2,425
Net of receipts/(payments)	4,532	26,550	-	31,082	- 1,230
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	255	-	-	255	1,485
Cash funds this year end	4,787	26,550	-	31,337	255

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cash at Bank	4,787	26,550	-
		-	-	-
		-	-	-
	Total cash funds	4,787	26,550	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
	Furniture and equipment	3,599	-	-
		-	-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
	Loan from Trustee	-	-	-
	Other creditors	17,668	-	-
Signed by one or two trustees on behalf of all the trustees		Signature	Print Name	Date of approval
		[Signature Box]	Roy Davis	[Date Box]



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
Uprawr Mental Health Foundation

**On accounts for the year
ended**

30 April 2023

**Charity no
(if any)**

1178183

Set out on pages

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **30/04/2023**.

**Responsibilities and
basis of report**

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

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

Signed: Gareth Hughes

Date: 31 / 05 / 2024

Name: Gareth Hughes FCCA

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

ACCA

Address:

91 Main Road, Meriden, Coventry, CV7 7NL

Section B

Disclosure

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

UPRAWR MENTAL HEALTH FOUNDATION

England & Wales - Charity number 1178183

Accounts



Receipts and payments accounts

For the period from	01/05/2021	To	30/04/2022
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations received	1,195	-	-	1,195	744
Sub total (Gross income for AR)	1,195	-	-	1,195	744
Total receipts	1,195	-	-	1,195	744
A3 Payments					
Printing, postage and stationery	144	-	-	144	22
IT software and website	687	-	-	687	671
Bank charges	195	-	-	195	394
Accountancy fees	600	-	-	600	600
Advertising	799	-	-	799	878
Sub total	2,425	-	-	2,425	2,565
A4 Asset and investment purchases, (see table)					
Loan repayments made	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	2,425	-	-	2,425	2,565
Net of receipts/(payments)	- 1,230	-	-	- 1,230	- 1,822
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	1,485	-	-	1,485	3,307
Cash funds this year end	255	-	-	255	1,485

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cash at Bank	255	-	-
	Total cash funds	255	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	Details	-	-	-
		Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets	Details	-	-	-
		Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use	Furniture and equipment	3598	-	-
		-	-	-
		Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	Loan from Trustee	8,034	-	-
	Other creditors	9,274	-	-
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
		Roy Davis		



Trustees' Annual Report for the period

From 1 May 2021 to 30 April 2022

Charity name: UPRAWR Mental Health Foundation

Charity registration number: 11788183

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	Improving the mental health and emotional resilience of young adults who are part of the rock and alternative music scene who are in need by reason of ill-health or other disadvantage including by providing counselling and other support in nonclinical music-industry related venues; and Raise awareness and understanding within the music community of mental health issues.
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Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The Trustees have considered and are satisfied that the charity has met the public benefit requirement. The charity operates solely for the benefit of the public.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	

Contribution made by volunteers	Para 1.38	
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>Maintaining and growing communications</p> <p>Peer support</p> <p>Event appearances</p>

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	The charity has a net deficiency of assets at the balance sheet date, however creditors are related parties that are not seeking repayment until and unless the charity is in a strong financial position and able to repay. In light of this the trustees consider that the charity has sufficient reserves.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	The unrestricted reserves are primarily to cover the development and future running expense of the charity.
Amount of reserves held	Para 1.22	£255
Reasons for holding zero reserves	Para 1.22	Please see above
Details of fund materially in deficit	Para 1.24	Please see above
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	Please see above

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	Charitable Incorporated Organisation
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Elected

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	UPRWAR Mental Health Foundation
Other name the charity uses	
Registered charity number	1178183
Charity's principal address	41-43 Hampton Street Birmingham B19 3LS

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Roy Davis			
2	Tom Ross			
3	Peter Suddock			
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5				
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Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/A

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
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Name of chief executive or names of senior staff members (Optional information)

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

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Other optional information

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Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Roy Davis	
Position (eg Secretary, Chair, etc)	Trustee	
Date	31/08/2022	

UPRAWR MENTAL HEALTH FOUNDATION

England & Wales - Charity number 1178183

Accounts



CHARITY COMMISSION
FOR ENGLAND AND WALES

Upravr Mental Health Foundation

1178183

Receipts and payments accounts

CC16a

For the period from	01/05/2020	To	30/04/2021
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations received	744	-	-	744	6,119
Other receipts	-	-	-	-	276
Grants receivable	-	-	-	-	1,000
Sub total (Gross income for AR)	744	-	-	744	7,395
Total receipts	744	-	-	744	7,395
A3 Payments					
Printing, postage and stationery	22	-	-	22	369
Travel and subsistence	-	-	-	-	297
IT software and website	671	-	-	671	1,603
Subscriptions	-	-	-	-	630
Bank charges	394	-	-	394	486
Repairs and maintenance	-	-	-	-	187
Accountancy fees	600	-	-	600	600
Advertising	878	-	-	878	1,650
Sundry expenses	-	-	-	-	1,325
Sub total	2,565	-	-	2,565	7,147
A4 Asset and investment purchases, (see table)					
Loan repayments made	-	-	-	-	226
Outstanding trustee expense paid	-	-	-	-	-
Sub total	-	-	-	-	226
Total payments	2,565	-	-	2,565	7,373
Net of receipts/(payments)	- 1,822	-	-	- 1,822	1,020
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	3,307	-	-	3,307	2,287
Cash funds this year end	1,485	-	-	1,485	3,307

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cash at Bank	1,485	-	-
		-	-	-
		-	-	-
	Total cash funds	1,485	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use	Furniture and equipment	3598	-	-
		-	-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	Loan from Trustee	8,034	-	-
	Other creditors	9,274	-	-
		-	-	-
		-	-	-
		-	-	-

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

Signature	Print Name	Date of approval
	Jack Daniel Davis	



Trustees' Annual Report for the period

From 1 May 2020 to 30 April 2021

Charity name: UPRAWR Mental Health Foundation

Charity registration number: 11788183

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	Improving the mental health and emotional resilience of young adults who are part of the rock and alternative music scene who are in need by reason of ill-health or other disadvantage including by providing counselling and other support in nonclinical music-industry related venues; and Raise awareness and understanding within the music community of mental health issues.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	What Counselling support Who Young people How Providing advocacy/advice/information Acting as a resource body and support network
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The Trustees have considered and are satisfied that the charity has met the public benefit requirement. The charity operates solely for the benefit of the public.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	

Contribution made by volunteers	Para 1.38	
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>Maintaining and growing communications</p> <p>Peer support</p> <p>Event appearances</p>

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
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Investment performance against objectives	Para 1.41	
Other		

Financial Review

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Statement explaining the policy for holding reserves stating why they are held	Para 1.22	The unrestricted reserves are primarily to cover the development and future running expense of the charity.
Amount of reserves held	Para 1.22	£1,485
Reasons for holding zero reserves	Para 1.22	Please see above
Details of fund materially in deficit	Para 1.24	Please see above
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	Please see above

Additional information (optional)

You may choose to include further statements where relevant about:

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A description of the principal risks facing the charity	Para 1.46	
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Additional information (optional)

You may choose to include further statements where relevant about:

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Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	UPRWAR Mental Health Foundation
Other name the charity uses	
Registered charity number	1178183
Charity's principal address	41-43 Hampton Street Birmingham B19 3LS

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Jack Davis			
2	Roy Davis			
3	Jaci Davis			
4	Tom Ross			
5	William Cosgrave			
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Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/A

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
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Name of chief executive or names of senior staff members (Optional information)

--

Exemptions from disclosure

Reason for non-disclosure of key personnel details

--

Other optional information

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Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Jack Davis	
Position (eg Secretary, Chair, etc)	Trustee	
Date	20/12/2021	