



CHARITY COMMISSION
FOR ENGLAND AND WALES

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				
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20				

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

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

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

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

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

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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	31/10/2024	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Uprawr Mental Health Foundation

1178183

Receipts and payments accounts

CC16a

For the period
from

01-05-23

To

30-04-24

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	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	34,222	-	-
	(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			
		-	-	-
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		