

Happy Space UK Trustees' Annual Report 2020-2021

1. Objects and Activities

- 1.1 The objects of Happy Space UK are to preserve and protect the physical and mental health for the public by:
 - 1.1.1 providing informative education and advice;
 - 1.1.2 providing and assisting in the provision of facilities, support services and equipment not normally provided by the statutory authorities;
 - 1.1.3 establishing and developing connections with mental wellbeing institutions and professionals;
 - 1.1.4 hosting and promoting events; and
 - 1.1.5 conducting or commissioning research and publishing all useful results.
- 1.2 The main activities Happy Space UK carries out to achieve its objects are the provision of wellbeing guidebooks for students in “transitional stages”, between primary and secondary school and sixth form and university. The guidebooks contain engaging content on Happy Space UK’s “five pillars” of mental wellbeing: Mind, Food, Body, Finance and the Arts. In addition, Happy Space provides accompanying lesson plans for primary age students, and is in the process of developing similar sixth form lesson plans.
- 1.3 The main activities Happy Space UK carries out to further the charity’s purposes for the public benefit are to ensure our mental wellbeing guidebooks are available to students nationally, in particular to students from low socio-economic backgrounds. Happy Space UK also presents students with a “pre-guidebook” and “post-guidebook” questionnaire, to evaluate that student engagement and beneficence. In particular, we aim to improve student awareness and recognition of low mood and provide various tools and techniques for preventing and managing low mood.
- 1.4 The trustees have had regard to the Charity Commission’s guidance on public benefit.

2. Achievements and Performance

General

- 2.1 Happy Space UK has had a successful reporting year, with the incidence of COVID-19 bringing both challenges and opportunities. The global pandemic has shone a spotlight on the mental health of the nation. Whilst COVID-19 meant that Happy Space UK could not undertake in person fundraising events as it would have otherwise done, the charity nevertheless ran multiple successful campaigns, equipping many younger and older students, teachers and parents with mental wellbeing tools and techniques across the UK.
- 2.2 The key activities and achievements of Happy Space UK during this reporting period are detailed below.
- 2.3 In February 2020:
 - 2.3.1 University of Exeter’s student radio, XpressionFM selected Happy Space UK as the charity to receive the proceeds from its annual radio charity event, ‘24 hr live’. 24 hr live is an annual radio event, where local artists perform live on the hour, every hour, for 24 hours.

- 2.3.2 Happy Space UK received £2500 in grant funding from the Surrey Community Foundation to use for the supply of books to students at schools in Surrey.
- 2.4 In May 2020:
 - 2.4.1 Happy Space UK noticed increased discussion around the need for further mental wellbeing support for students and families during lockdown. Happy Space delivered over 100 free wellbeing guidebooks to families across the country on a first come, first served basis. This campaign was called “Happy Space at Home” and was featured in the good news column of the Telegraph newspaper.
 - 2.4.2 Happy Space UK was selected by One Young World as one of the recipients of the COVID-19 Young Leaders Fund. The grant totalled £6019 and enabled Happy Space to print and distribute enough wellbeing guidebooks for over 2,500 children in year 6 (aged 10-11) across the UK.
 - 2.4.3 Happy Space received c. £580 in donations via Facebook.
- 2.5 In June 2020:
 - 2.5.1 Happy Space UK completed our work with Surrey Community foundation (who provided us with a grant of £2,500 in February 2020, detailed above), providing over 1000 mental wellbeing guidebooks to 19 schools in Surrey.
 - 2.5.2 Happy Space UK delivered a talk to sixth form students at James Allen’s Girls’ School (“JAGS”), and the school has requested that we return in 2022 to deliver another talk. JAGS purchased guidebooks in 2020 for its current and its 2021 sixth form intake. JAGS intends to purchase guidebooks for its 2022 intake also.
- 2.6 In September 2020:
 - 2.6.1 Happy Space UK worked with experts who work with children from low socio-economic backgrounds to improve our content by editing our articles and activities in order to ensure they are relevant and helpful to all students.
- 2.7 We launched our “Happy Space for All” campaign where we raised £19,282 to supply children from low socio economic backgrounds with our guidebook. The distribution is in progress, with over 5000 guidebooks delivered. We are aiming for all 15,000 books to be delivered by the end of 2021.
- 2.8 During October 2020, Happy Space UK partnered with Aardman Animations as part of its animated storytelling and mental health literacy research campaign, “What’s up with everyone?”, funded by the Arts Humanities Research Council. In particular, Happy Space UK reviewed scripts for the animations and contributed to mental wellbeing content.
- 2.9 In November 2020, we launched a new partnership with Bell & Bliss to create Happy Space UK jumpers and T-shirts which is ongoing. The aim of the merchandise is to both sell and strategically gift these to contributors to improve Happy Space UK’s visibility, for example, to Johnny Benjamin MBE, trustee of Beyond charity (detailed below) and mental health campaigner, who wore it during an interview on Sky News. A payment of £853 was made in respect of the merchandise.
- 2.10 In January 2021, Happy Space UK began the process of creating a digital wellbeing book in partnership with “Beyond” (a registered charity under the name of “Beyond Shame, Beyond Stigma”, registration number 1179964). Now & Beyond partnered with Inside Out Day for a virtual festival, recruiting a number of mental health professionals to volunteer to provide schools with

free virtual sessions on mental wellbeing and health. Happy Space UK's digital guidebook featured as part of this virtual festival. We note the virtual festival took place on 3 February 2021 and so just falls outside of this reporting period, but note that the work was undertaken and partnership formed during the reporting period.

- 2.11 In this reporting year, 30 schools participated in our pre-and post-questionnaire surveys which revealed the following:
 - 2.11.1 25% increase in understanding about the link between exercise and mental health.
 - 2.11.2 43% increase in understanding about the link between food and mental health.
 - 2.11.3 61% increase in understanding about the link between finance and mental health.
- 2.12 In a general survey of over 100 schools that Happy Space UK has worked with, Happy Space UK's guidebooks received 4.6 out of 5 star rating, and 9 out of 10 for usefulness.
- 2.13 Through its work, Happy Space UK is distributing high quality preventative mental wellbeing information to students across the UK, enabling them to more conscientiously and effectively look after their own, and others, mental wellbeing.

Financial

- 2.14 For the year ended 1 February 2021 the primary financial activity of Happy Space UK was to generate cash flows to support the main charitable purpose of delivering guidebooks to students and young adults. This was done via various revenue streams such as fundraising avenues including donations and grants and selling guidebooks with accompanying talks to schools.
- 2.15 As detailed below 36% (£11,775/£32,364) of cash flows generated have been spent on printing and distributing guidebooks. Remaining cash flows were spent to expand and promote the Happy Space brand and mission.
- 2.16 At year-end cash reserves were £20,457, which was the result of a successful campaign to generate donations to fund the printing and distribution of guidebooks for underprivileged children. Therefore it is expected that the majority of these cash reserves will be used in the first part of the 2022 financial year for this project.
- 2.17 Both the executive and trustee board expect the organisation to operate for the foreseeable future, being 12 months minimum. Happy Space UK therefore continues as a going concern given it generated net positive cash flows for the year, whilst maintaining a healthy level of financial reserves.

3. Financial Review

Income and expenditure

- 3.1 Happy Space UK, as forecast, has continued to increase its ability to generate cash flows demonstrated by the income generated increasing by 281% to £32,364 (2020: £8,496). This has been achieved through a number of revenue streams as broken down below:

Donations - £20,822
Grants - £8,519
Guidebook sales - £2,643
Events - £250
Merchandise - £130

Total - £32,364

- 3.2 The total expenses for the year were up by 88% to £15,274 (2020: £8,123) which still saw Happy Space UK create a net positive improvement in its cash position. A majority of expenditure was on printing and distribution of guidebooks £12,019 with the remainder being spent on marketing and website/operational costs.

Financial Position

- 3.3 The organisation continues to maintain a healthy financial position as at 1 February 2021, with cash funds of £20,457 at year end. Happy Space uses cash accounting and therefore does not have any fixed assets or inventory and as such recognises no depreciation, amortisation or impairment. Finally, Happy Space has no current/non-current liabilities outstanding at year end.

Reserves

- 3.4 Happy Space UK has a simplistic reserves policy, which is dictated by the uncomplex nature of our operations. We are either i) granted funds or ii) engaged to sell guidebooks and host talks which covers the graphic design and printing costs of the guidebook. Meanwhile there are other talks provided at no cost to Happy Space. All members of the team are unpaid leaving minimal operational costs, bar one freelance graphic designer who provides ad hoc services and invoices us for small sums accordingly. Administrative fixed costs are very low totalling £1,223 for the financial year, which is made up of website, email and storage costs. As a policy during the financial year we kept £500 of unrestricted reserves to ensure any unforeseen operational costs could be met and safeguard the going concern status of the organisation without inefficiently restricting expenditure. However, post-year-end management have decided to update this policy to keep a cash reserve for the following financial year equal to the total fixed costs of the previous financial year i.e., £1,223.

4. Structure, Governance and Management

- 4.1 Happy Space UK's governing document follows the form of the CIO model constitution and is dated as of 23 May 2019. Happy Space UK is a Charitable Incorporated Organisation.
- 4.2 The Trustee Board requires a breadth and depth of experience to carry out its duties effectively and efficiently. When recruiting new trustees, it is crucial candidates are passionate and informed about mental wellbeing with relevant expertise (e.g., a mental health research background, or experience in parent mental wellbeing). The current Trustee Board endeavours to be clear about the commitment involved in being a trustee, so that prospective candidates can determine whether they have the necessary capacity to serve. Happy Space UK is committed to diversity and is focused on ensuring its trustee board reflects this.

5. Reference and Administrative Details

- 5.1 Happy Space UK's charity registration number is 1183549, as provided by the Charity Commission for England & Wales.
- 5.2 Happy Space UK's principal office is: 125 New Kings Road, London, SW6 4SL.
- 5.3 All trustees give their time freely, and no remuneration or expenses were paid in the year. As of the date this report was approved, the trustee board comprises:
- 5.3.1 Judith Apps;
- 5.3.2 Nader Dehdashti;

5.3.3 Tegan Creedy; and

5.3.4 Hugo Layard Horsfall.

5.4 The trustees listed at (a) – (d) above have served as trustees during this reporting period.

5.5 Previous trustees are:

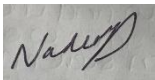
5.5.1 Kamran Dehdashti (resigned);

5.5.2 Joshua Harris (resigned); and

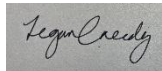
5.5.3 Paul Crawford (resigned).

This report was approved by the board of trustees on 26 September 2021.

Signed by:



Nader Dehdashti (Trustee)



Tegan Creedy (Trustee)

on 13 October 2021, on behalf of the board of trustees.



CHARITY COMMISSION
FOR ENGLAND AND WALES

Happy Space UK

1183549

Receipts and payments accounts

For the period from	2/2/2020	To	2/1/2021
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Section A Receipts and payments

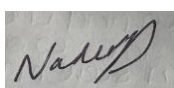
	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £
A1 Receipts				
Restricted funds - Grants	-	8,519	-	8,519
Restricted funds - Campaign	-	19,282	-	19,282
Donations	1,540	-	-	1,540
Sale of Guidebooks	2,643	-	-	2,643
Events	250	-	-	250
Merchandise sales	130	-	-	130
	-	-	-	-
	-	-	-	-
Sub total (Gross income for AR)	4,563	27,801	-	32,364.23
A2 Asset and investment sales, (see table).				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total receipts	4,563	27,801	-	32,364
A3 Payments				
Restricted funds	-	8,519	-	8,519
Cost of sales	5,058	-	-	5,058
Admin expenses	1,697	-	-	1,697
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
Sub total	6,755	8,519	-	15,274
A4 Asset and investment purchases, (see table)				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total payments	6,755	8,519	-	15,274
Net of receipts/(payments)	- 2,192	19,282	-	17,090
A5 Transfers between funds	-	-	-	-
A6 Cash funds last year end	3,367	-	-	3,367
Cash funds this year end	1,175	19,282	-	20,457

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
B1 Cash funds	Unrestricted cash reserves	1,176	-
	Restricted cash - Campaign	-	19,282
		-	-
	Total cash funds	1,176	19,282
	(agree balances with receipts and payments account(s))	Agreement Error	OK
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)
			-
			-
			-
			-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)
			-
			-
			-
			-
			-
			-
			-
			-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)
			-
			-
			-
			-

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

Signature



Print Name

Nader Dehdashti (Trustee)

Tegan Creedy

Tegan Creedy (trustee)

CC16a



**Last year
to the nearest £**

-
6,693
1,803
-
-
-
-
-
8,496

-
-

8,496

-
7,106
1,017
-
-
-
-
-
-
-
8,123

-

8,123

373
-
2,994
3,367



**Endowment
funds
to nearest £**

-
-
-
-

OK

**Endowment
funds
to nearest £**

-
-
-
-
-
-

**Current value
(optional)**

-
-
-
-
-

**Current value
(optional)**

-
-
-
-
-
-
-
-
-

**When due
(optional)**

**Date of
approval**

13-Oct-21

13-Oct-21



Section A

Independent Examiner's Report

Report to the trustees/
members of

Happy Space UK

On accounts for the year
ended

1 February 2021

Charity no
(if any)

1183549

Set out on pages

Receipts and payments accounts presented alongside Trustees' Annual Report.

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 01/02/2021.

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:

Aled Wyn Thomas

Date:

8 November 2021

Name:

Aled Wyn Thomas

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

ACA (ICAEW)

Address:

Huw Aled Accountants Ltd

6 Alfreda Road, Whitchurch

Cardiff, CF14 2EH

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.

None.