

Happy Space Trustees' Annual Report 2021-2022

1. Objects and Activities

- 1.1 The objects of Happy Space UK (“**Happy Space**”) are to preserve and protect the physical and mental health of 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 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’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 carries out to further the charity’s purposes for 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 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 it.
- 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 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 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 during this reporting period are detailed below.
 - 2.2.1 In February 2021 Happy Space received £660 of donations through Facebook.
 - 2.2.2 In March 2021, Happy Space received £813 total in donations via Facebook and Paypal.

- 2.2.3 In April 2021 Happy Space carried out their initial print and distribution of the Happy Space for All campaign books, spending £18,201 of the funds raised through JustGiving during the 2020 campaign. This funded the printing and distribution to state schools across the UK who registered their interest; those with the highest percentage of free school meals were provided with resources first.
- 2.2.4 In June 2021 Happy Space delivered a talk and guidebooks to students at St Peter's School. A payment of £850 was received for this service, with the corresponding expense being £795.
- 2.2.5 Happy Space also received an unrestricted £17,500 donation from LAVA Advisory Partners, a boutique M&A start-up firm that donates 2.5% of its revenue to charity every year, focusing on organisations which develop children's mental resilience.
- 2.2.6 In August 2021 Happy Space had a design re-boot, updating their guidebooks and website, incurring an expense of £1,000.
- 2.2.7 In September 2021 Happy Space was paid £300 for providing a virtual talk to James Allen's Girls' School ("**JAGS**") which it delivered in June 2021.
- 2.2.8 In October 2021 Happy Space received an unrestricted donation of £32,500 from LAVA Advisory Partners, comprising the remainder of the company's 2.5% revenue available for donation to charity for the year.
- 2.2.9 Happy Space also received a donation of £773 from Frensham Heights School who elected them as their charity of the year and carried out fundraising activities in aid of them accordingly.
- 2.2.10 In December 2021 Happy Space updated its website to accurately reflect its activities and campaigns, enabling students and teachers to register their interest for its resources far more easily. The website design totalled £650.
- 2.2.11 Happy Space also printed circa. 4000 guidebooks, using the final remaining funds (£2,439) from the Happy Space for All campaign and £5,544 of the funds donated by LAVA Advisory Partners, and distributed them to state schools that had registered their interest on their website; those with the highest percentage of free school meals were provided with resources first.
- 2.3 In this reporting year, 30 schools participated in our pre-and post-questionnaire surveys which revealed the following:
 - 2.3.1 a 25% increase in understanding about the link between exercise and mental health;
 - 2.3.2 a 43% increase in understanding about the link between food and mental health; and
 - 2.3.3 a 61% increase in understanding about the link between finance and mental health.
- 2.4 In a general survey of over 100 schools that Happy Space has worked with, their guidebooks received a 4.6 out of 5 star rating, and 9 out of 10 for usefulness.
- 2.5 Through its work, Happy Space 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

- 2.6 For the year ended 1 February 2022 the primary financial activity of Happy Space 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.
- 2.7 As detailed below, 50% (£26,979/£53,881) of cash flows generated were spent on printing and distributing guidebooks. Remaining cash flows were used to expand and promote the Happy Space brand and mission.
- 2.8 At the year-end cash reserves were £42,775, as a result of a successful campaign to generate donations to fund its work. It is intended that these cash reserves will be used in part in the future to expand the employee base of the charity to enable it to best fulfil its charitable objectives.
- 2.9 Both the executive and Trustee board expect the organisation to operate for the foreseeable future, being 12 months minimum. Happy Space therefore continues as a going concern given that 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, as forecast, continued to increase its ability to generate cash flows demonstrated by the income generated increasing by 66% to £53,881 (2021: £32,364). This was achieved through a number of revenue streams as detailed below:

Donations - £52,531
Guidebook sales - £850
Events - £300
Other income - £200
Total - £53,881

- 3.2 Total expenses for the year increased by 107% to £31,563 (2021: £15,274) which still saw Happy Space create a net positive improvement in its cash position. Half of the expenditure was on design, printing and distribution of guidebooks 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 2022, with cash funds of £42,775 at the 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. It has no current/non-current liabilities outstanding at the year end.

Reserves

- 3.4 Happy Space has a simplistic reserves policy, which is dictated by the uncomplex nature of its operations. The charity is 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. Historically and for the current accounting period all members of the team have been unpaid leaving minimal operational costs, bar one freelance graphic designer who provides ad hoc services and invoices for small sums accordingly. Administrative fixed costs are very low, totalling £709 for the financial year, comprising website, email and storage costs. During the financial year £1,223 of unrestricted reserves were kept to

ensure any unforeseen operational costs could be met, to safeguard the going concern status of the organisation without inefficiently restricting expenditure. Since the end of the accounting period one member of the team has been made an employee, therefore the reserves policy has been updated and is to keep a cash reserve of six months expenses based on the current employee base.

4. Structure, Governance and Management

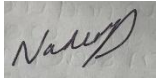
- 4.1 Happy Space's governing document follows the form of the CIO model constitution and is dated as of 23 May 2019. Happy Space is a Charitable Incorporated Organisation.
- 4.2 The Trustee Board requires a breadth and depth of experience to carry out its duties effectively and efficiently. When recruiting 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 is committed to diversity and is focused on ensuring its Trustee board reflects this.

5. Reference and Administrative Details

- 5.1 Happy Space's charity registration number is 1183549, as provided by the Charity Commission for England & Wales.
- 5.2 Happy Space's principal office is: 140 Cravells Road, Harpenden, Hertfordshire, AL5 1BQ.
- 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 James Fuggle; and
 - 5.3.4 Vivienne Durham.
- 5.4 The Trustees listed at 5.3.1-5.3.2 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);
 - 5.5.3 Paul Crawford (resigned); and
 - 5.5.4 Eleanor Hall (resigned).

This report was approved by the board of Trustees on 30 November 2022.

Signed by:

A small, square image showing a handwritten signature in dark ink on a light-colored, textured background. The signature appears to be 'Nader' followed by a stylized flourish.

Nader Dehdashti

on 30 November 2022, on behalf of the board of Trustees.



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Happy Space UK

**On accounts for the year
ended**

1 February 2022

**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 01/02/2022.

**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 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.

Signed:

Date:

24/11/2022

Name:

Aled Wyn Thomas

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

ACA (ICAEW)

Address:

Huw Aled Accountants Ltd

60 Ashbourn Way, Llanishen

Cardiff, CF14 5EY.

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.

None.



CHARITY COMMISSION
FOR ENGLAND AND WALES

Happy Space UK

No (if any)

Receipts and payments accounts

CC16a

For the period
from

02/02/2021

To

01/02/2022

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					
Restricted funds - Grants	-	-	-	-	8,519
Restricted funds - Campaign	-	-	-	-	19,282
Donations	52,531	-	-	52,531	1,540
Sale of Guidebooks	850	-	-	850	2,643
Events	300	-	-	300	250
Merchandise sales	-	-	-	-	130
Other income	200	-	-	200	-
	-	-	-	-	-
Sub total (Gross income for AR)	53,881	-	-	53,881.13	32,364
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	53,881	-	-	53,881	32,364

A3 Payments

Restricted funds	-	19,282	-	19,282	8,519
Cost of sales	8,967	-	-	8,967	5,058

Admin expenses	3,313	-	-	3,313	1,697
Exceptional items	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	12,281	19,282	-	31,563	15,274

A4 Asset and investment purchases, (see table)					
	-	-	-	-	
	-	-	-	-	
Sub total	-	-	-	-	-

Total payments	12,281	19,282	-	31,563	15,274
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Net of receipts/(payments)	41,600	- 19,282	-	22,318	17,090
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	20,457	-	-	20,457	3,367
Cash funds this year end	62,057	- 19,282	-	42,775	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 £	Endowment funds to nearest £
B1 Cash funds	Unrestricted cash reserves	42,775	-	-
	Restricted cash - Campaign	-	-	-
		-	-	-


[illegible]

		-	-
		-	-

B5 Liabilities

Details	Fund to which liability relates	Amount due (optional)	When due (optional)
		-	
		-	
		-	
		-	
		-	

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

Signature	Print Name	Date of approval
	Nader Dehdashti (Trustee)	30 November 2022