



**Section A**

**Independent Examiner's Report**

**Report to the trustees/  
members of**

Happy Space UK

**On accounts for the year  
ended**

1 February 2023

**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 01/02/2023.

**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 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:**

30/11/2023

**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.

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.

## Happy Space Trustees' Annual Report 2022-2023

### 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 objectives are the provision of wellbeing storybooks for children in early primary school, and the provision of guidebooks and hosting workshops for students in primary school and in sixth form. 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.
- 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 and other resources are available to students nationally, in particular to students from low socio-economic backgrounds. For instance, where possible, Happy Space provides free content to accompany its workshops, such as free lesson plans developed and distributed at Bett UK, available for all attendees to freely download and make use of. 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, having invested in its team by taking on paid staff. In January 2022, Tegan Creedy was promoted to Chief Operating Officer, the charity’s first full-time employee. Additionally, ad-hoc consultancy work was carried out by various experts, including Pippa Bremner, ex-head teacher, with a wealth of experience in the education field.
- 2.2 The key activities and achievements of Happy Space during this reporting period are detailed below.

### **Grants and services provided**

This year, Happy Space received restricted grant-funding, totalling £17,500.

Happy Space was awarded £5,000 from the Scott Bader Trust, for the printing and delivery of guidebooks; these funds were utilised early in the following reporting year. Happy Space was also awarded £2,500 from the Samuel Coral Charitable Trust, for the hiring of a Head of Partnerships; Happy Space is recruiting for this position, which it hopes to fill in the following reporting year.

A particular highlight has been Happy Space being awarded a £10,000 grant in the Movement for Good programme via the “Ecclesiastical Movement for Good” programme, which it intends to make use of in the following reporting year. These funds are specifically for use for the Happy “S.P.A.C.E” project: Student-led, Preventative, Accessible to All, Co-Created, Education. This will involve Happy Space going to three schools for a week and creating a physical Happy Space where students and staff take part in a series of interactive wellbeing activities and create a wellbeing display for parents to see on the final day.

Happy Space has worked throughout the year to develop a full suite of resources for all primary-age children. This suite of resources now includes Bobo’s Adventures, a book for Key Stage 1 and 2, to help children to better identify and express emotions, as well as workshop templates and teaching activities for all primary age children. Through grant funding, such as from the Scott Bader Charitable Trust, Happy Space has been able to distribute these resources to children most in-need.

Happy Space was selected as Charity of the Year for the Education Investor Awards, providing the charity with an opportunity to raise awareness at the Education Investor Awards event and receive donations from event attendees; Happy Space did not receive the funds raised until the following reporting year.

In addition to our updated resources, Happy Space also underwent brand repositioning across our social media and website to align with our new resources.

### **Fundraising, events and other notable achievements**

#### **Charity Golf Day**

Happy Space ran a successful charity golf day, with over 20 golfers taking part in the event, which included a raffle. There are plans to hold another charity golf day in 2023.

#### **Royal Parks Walk through London**

Over 30 supporters of Happy Space came together to walk over 30 miles through the Royal Parks of London, raising in excess of £9,000. The event was a real success and there are plans to run another Royal Parks walk through London in 2023.

#### **Bett UK**

Happy Space took part in Bett UK, the world’s leading education technology conference, giving a talk to over 100 teachers present. As part of its involvement, Happy Space also prepared and distributed free mental health resources for the Bett website, which teachers can access and use at any time.

### Children mental health week 2022

For children's mental health awareness week in February 2022, Happy Space teamed up with mental health organisation Now & Beyond to run workshops for key stage 4 students around gratitude and wellbeing, and prepared specific lesson plans around the same themes which were accessible to all event attendees.

For the more general mental health awareness week in May 2022, Happy Space teamed up with Now and Beyond once again to run a social media campaign - [#DoYouSpeakTherapy](#), a week-long series where Happy Space and Now & Beyond demystified the world of therapy, making the various pathways clear by hosting Instagram Live sessions with industry experts.

In addition, Happy Space partnered with Enjoy Education, a tutoring company, providing their students with top tips on Happy Space's five pillars of mental wellbeing.

### **School Partnerships and Research**

Happy Space distributes its resources to schools throughout the UK. In this reporting period, Happy Space worked closely with the Chatsworth Group and Frensham Heights School in particular, who - as private schools - made payment for Happy Space's services. Happy Space is in the process of carrying out detailed impact reporting on the effect its resources have had on the children and teachers that have used them at these schools and looks forward to publishing this impact in the next reporting year.

Our COO Tegan Creedy also attended Frensham Heights for a keynote speech regarding Happy Space's work and future plans.

Happy Space also renewed resources for a 4th year with James Allen's Girl School.

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*

- 2.3 For the year ended 1 February 2023 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 and providing informative education and advice through various wellbeing workshops and talks. The activities were supported via various revenue streams such as fundraising avenues including donations, grants and events and selling guidebooks with accompanying talks to schools.
- 2.4 As detailed below, 66% of cash flows generated were spent on employee costs and a further 13% on part time staff costs. 10% of cash flows generated were spent on the design, printing and distribution of guidebooks, with the remainder being spent on marketing and website/operational costs.
- 2.5 At the year-end cash reserves were £42,077. It is intended that these cash reserves will be used in part in the future to further expand the employee base of the charity to enable it to best fulfill its charitable objectives.

- 2.6 Both the executive and Trustee board expect the organisation to operate for the foreseeable future, being 12 months minimum. Although a small loss was made in the year, Happy Space maintains a healthy level of financial reserves, and continues as a going concern.

## 2.7 Financial Review

### *Income and expenditure*

- 2.8 Happy Space, as forecast, continued to increase its ability to generate cash flows demonstrated by the income generated increasing by 14% to £61,286 (2022: £53,881). This was achieved through a number of revenue streams as detailed below:

Donations - £8,599  
Guidebook sales - £11,152  
Events - £17,526  
Grants - £17,500  
Digital guidebook sales - £5,450  
Other income - £1,059  
**Total - £61,286**

- 2.9 Total expenses for the year increased by 96% to £61,984 (2022: £31,563) which resulted in Happy Space incurring a small decrease in its cash position. 66% was spent on employee costs, 13% on part time staff costs, 10% on design, printing and distribution of guidebooks with the remainder being spent on marketing and website/operational costs.

### *Financial Position*

- 2.10 The organisation continues to maintain a healthy financial position as at 1 February 2023, with cash funds of £42,077 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*

- 2.11 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. During the accounting period one member of the Happy Space team was made an employee and there were also some part-time staff costs. There is one freelance graphic designer who provides ad hoc services and invoices for small sums accordingly. Administrative fixed costs are very low, totalling £405 for the financial year, comprising website, email and storage costs. The reserves policy remains in place to keep a cash reserve of six months expenses based on the current employee base, to safeguard the going concern status of the organisation.

## 3. Structure, Governance and Management

- 3.1 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.
- 3.2 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

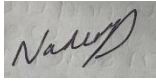
can determine whether they have the necessary capacity to serve. Happy Space is committed to diversity and is focused on ensuring its Trustee board reflects this.

#### **4. Reference and Administrative Details**

- 4.1 Happy Space's charity registration number is 1183549, as provided by the Charity Commission for England & Wales.
- 4.2 Happy Space's principal office is: 140 Cravells Road, Harpenden, Hertfordshire, AL5 1BQ.
- 4.3 All Trustees give their time in connection with the services they provide as Trustees freely, and no remuneration or expenses were paid in the year. In January 2023, as permitted by its Constitution and in accordance with section 185 of the Charities Act 2011, Nader Dehdashti was employed by the charity for one day a week for his services as Managing Director.
- 4.4 As of the date this report was approved, the Trustee board comprises:
  - 4.4.1 Judith Apps;
  - 4.4.2 Nader Dehdashti; and
  - 4.4.3 James Fuggle.
- 4.5 The Trustees listed at 4.3.1-4.3.2 above have served as Trustees during this reporting period.
- 4.6 Previous Trustees are:
  - 4.6.1 Kamran Dehdashti (resigned);
  - 4.6.2 Joshua Harris (resigned);
  - 4.6.3 Paul Crawford (resigned);
  - 4.6.4 Eleanor Hall (resigned); and
  - 4.6.5 Vivienne Durham (resigned).

This report was approved by the board of Trustees on 30 November 2023.

Signed by:

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

Nader Dehdashti

A handwritten signature in dark ink, appearing to be 'Judith Apps', written in a cursive style.

Judith Apps

on 30 November 2023, on behalf of the board of Trustees.





CHARITY COMMISSION  
FOR ENGLAND AND WALES

Happy Space UK

No (if any)

## Receipts and payments accounts

CC16a

For the period from

2/2/2022

To

1/2/2023

### 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 £
<b>A1 Receipts</b>					
Restricted grants	-	17,500	-	17,500	-
Unrestricted grants	-	-	-	-	-
Donations	8,599	-	-	8,599	52,531
Sale of Guidebooks	11,152	-	-	11,152	850
Events	17,526	-	-	17,526	300
Sale of electronic guidebooks	5,450	-	-	5,450	-
Other income	1,059	-	-	1,059	200
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>43,786</b>	<b>17,500</b>	<b>-</b>	<b>61,286</b>	<b>53,881</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>43,786</b>	<b>17,500</b>	<b>-</b>	<b>61,286</b>	<b>53,881</b>

### A3 Payments

Restricted funds	-		-	-	19,282
Payroll costs	49,347	-	-	49,347	-
Printing of guidebooks	6,021	-	-	6,021	8,967
Administration expenses	6,616	-	-	6,616	3,314
	-	-	-	-	-
	-	-	-	-	-

	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>61,984</b>	<b>-</b>	<b>-</b>	<b>61,984</b>	<b>31,563</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	
	-	-	-	-	
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	
<b>Total payments</b>	<b>61,984</b>	<b>-</b>	<b>-</b>	<b>61,984</b>	<b>31,563</b>
<b>Net of receipts/(payments)</b>	<b>- 18,198</b>	<b>17,500</b>	<b>-</b>	<b>- 698</b>	<b>22,318</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>42,775</b>	<b>-</b>	<b>-</b>	<b>42,775</b>	<b>20,457</b>
<b>Cash funds this year end</b>	<b>24,577</b>	<b>17,500</b>	<b>-</b>	<b>42,077</b>	<b>42,775</b>

## 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 £
<b>B1 Cash funds</b>	Unrestricted cash reserves	24,577	17,500 -	-
	Restricted cash		-	-
		-	-	-
	<b>Total cash funds</b>	<b>24,577</b>	<b>17,500 -</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-

	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-

B3 Investment assets

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-

B4 Assets retained for the charity's own use

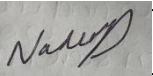
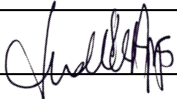
Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

Details	Fund to which liability relates	Amount due (optional)	When due (optional)
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B5 Liabilities

		-	
		-	
		-	
		-	
		-	

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

Signature	Print Name	Date of approval
	Nader Dehdashti	30 November 2023
	Judith Apps	30 November 2023