

## Happy Space Trustees' Annual Report 2023-2024

### 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 and activities 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 are available to students nationally, in particular to students from low socio-economic backgrounds. 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 The key activities and achievements of Happy Space during this reporting period are detailed below.
- 2.2 Happy Space invested in ensuring that its materials are best in class. It engaged an experienced educational consultant to update its mental health and wellbeing lesson plans and activities for all age groups. Happy Space is currently working on a strategy to ensure that the updated materials are shared with as broad an audience as possible.
- 2.3 In February 2023, Happy Space utilised a grant received from the Scott Bader charitable trust to equip 500 students at state schools with Happy Space guidebooks. Teachers provided positive feedback on the books, including that "they were helpful and children who need help might be able to help themselves because of the book". Students also received the books positively, saying "I think the book was good when you are in need of help and it can help you relax".
- 2.4 Happy Space has continued partnerships with schools, including Frensham Heights, where it gave a staff workshop in April 2023 which received excellent feedback, as well as distributing its junior guidebooks and key stage one mental health and wellbeing storybooks to students. Students said "The books were amazing" and "I liked the system of the books and how easy they were to navigate".

- 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 2024 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 events and selling guidebooks with accompanying talks to schools.
- 2.7 As detailed below, 49% (£6,698/£13,764) of cash flows generated were spent on printing and distributing guidebooks. Remaining cash flows were used to remunerate and train staff and to expand and promote the Happy Space brand and mission.
- 2.8 At the year-end cash reserves were £22,931. £12,500 of these cash reserves are restricted, with £10,000 allocated to Happy Space's "whole school approach to mental health and wellbeing" project, which will involve Happy Space delivering workshops and accompanying materials to state schools, and £2,500 allocated to staff costs. It is intended that the remainder of its cash reserves will be used in part in the future to update the charity's resources and website to ensure that its offerings are accessible to as many beneficiaries as possible.
- 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.
- 2.10 **Financial Review**

#### *Income and expenditure*

- 2.11 In this reporting year, Happy Space's revenue streams for this reporting year are detailed below:
- Donations - £9,706  
Guidebook sales - £2,640  
Events - £1,400  
Other income - £18  
**Total - £13,764**
- 2.12 Total expenses for the year decreased by 47% to £32,909 (2023: £61,984) however, due to lower revenue the cash position was reduced. 55% of the expenditure was on salaries, staff training costs and tax, a further 20% was on the design, printing and distribution of guidebooks with the remainder being spent on marketing and website/operational costs.

#### *Financial Position*

- 2.13 The organisation continues to maintain a positive financial position as at 1 February 2024, with cash funds of £22,931 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*

- 2.14 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 Happy Space has had minimal paid staff members, with the vast majority of the team being unpaid, leaving minimal operational costs. Administrative fixed costs are very low, totalling £709 for the financial year, comprising website, email and storage costs. During the financial year, £2,000 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.

### **3. Structure, Governance and Management**

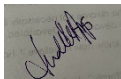
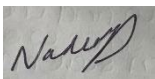
- 3.1 Happy Space's governing document follows the form of the CIO model constitution and is dated as of 23 May 2019. Happy Space is a Charitable Incorporated Organisation.
- 3.2 The Trustee Board requires a breadth and depth of experience to carry out its duties effectively and efficiently. When recruiting 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 freely, and no remuneration or expenses were paid in the year. As of the date this report was approved, the Trustee board comprises:
- 4.3.1 Judith Apps;
- 4.3.2 Nader Dehdashti; and
- 4.3.3 James Fuggle.
- 4.4 The Trustees listed at 4.3.1-4.3.2 above have served as Trustees during this reporting period.
- 4.5 Previous Trustees are:
- 4.5.1 Kamran Dehdashti (resigned);
- 4.5.2 Joshua Harris (resigned);
- 4.5.3 Paul Crawford (resigned);
- 4.5.4 Eleanor Hall (resigned); and
- 4.5.5 Vivienne Durham (resigned).

This report was approved by the board of Trustees on 28 November 2024.

Signed by:



Nader Dehdashti

Judith apps

on 28 November 2024, on behalf of the board of Trustees.



Receipts and payments accounts

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For the period  
from

02/02/2023

To

01/02/2024

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
Donations	9,706	-	-	9,706	8,599
Sale of guidebooks	2,640	-	-	2,640	11,152
Events	1,400	-	-	1,400	17,526
Sale of electronic guidebooks	-	-	-	-	5,450
Other income	18	-	-	18	1,059
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>13,764</b>	<b>-</b>	<b>-</b>	<b>13,764</b>	<b>61,286</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>13,764</b>	<b>-</b>	<b>-</b>	<b>13,764</b>	<b>61,286</b>
<b>A3 Payments</b>					
Payroll costs	16,083	-	-	16,083	49,347
Guidebooks	1,698	5,000	-	6,698	6,021
Administration expenses	10,129	-	-	10,129	6,616
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>27,910</b>	<b>5,000</b>	<b>-</b>	<b>32,910</b>	<b>61,984</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>27,910</b>	<b>5,000</b>	<b>-</b>	<b>32,910</b>	<b>61,984</b>
<b>Net of receipts/(payments)</b>	<b>- 14,146</b>	<b>- 5,000</b>	<b>-</b>	<b>- 19,146</b>	<b>- 698</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>24,577</b>	<b>17,500</b>	<b>-</b>	<b>42,077</b>	<b>42,775</b>
<b>Cash funds this year end</b>	<b>10,431</b>	<b>12,500</b>	<b>-</b>	<b>22,931</b>	<b>42,077</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	10,431	-	-
	Restricted cash	-	12,500	-
		-	-	-
	<b>Total cash funds</b>	<b>10,431</b>	<b>12,500</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK
<b>B2 Other monetary assets</b>	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B4 Assets retained for the charity's own use</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B5 Liabilities</b>	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

28/11/24

Judith Apps

28/11/24