

HAPPY SPACE UK

Trustees' Annual Report
Financial year ended 1 February 2025
Charity number: 1183549

1. Objects and Activities

Happy Space UK ("Happy Space") exists to preserve and protect the physical and mental health of the public by:

- providing informative education and advice;
- providing and assisting in the provision of facilities, support services and equipment not normally provided by statutory authorities;
- establishing and developing connections with mental wellbeing institutions and professionals;
- hosting and promoting wellbeing events; and
- conducting or commissioning research and publishing useful results.

Happy Space delivers these objectives primarily through the creation and distribution of wellbeing guidebooks and lesson plans for young people in key "transitional stages", including primary-to-secondary, secondary-to-sixth form, and sixth form-to-university. The content is based on Happy Space's five pillars of mental wellbeing: Mind, Food, Body, Finance, and the Arts.

Happy Space aims to reach students nationally, with a particular focus on children from low-income, underserved or vulnerable backgrounds. To help evidence impact, students who receive guidebooks are given optional pre- and post-programme questionnaires to support evaluation, awareness and early-intervention goals. In particular, we aim to improve student awareness and recognition of low mood and provide various tools and techniques for preventing and managing it.

The Trustees confirm they have had due regard for the Charity Commission's guidance on public benefit in planning the charity's activities for the year.

2. Achievements and Performance

2.1. General

The key activities and achievements of Happy Space during this reporting period are detailed below.

Happy Space collaborated with All Good Studios, who led a redesign of the Happy Space website to facilitate the accessibility of Happy Space guidebooks digitally. The learning materials are also being updated to allow for digital access and downloadability. Happy Space expects to distribute its digital offerings in the next reporting period.

As part of the review of its materials, Happy Space undertook a feedback project, including qualitative discussions with teachers, school leaders and staff, surveys and conversations with long-term partners and an internal evaluation of what had, and had not, worked in previous rollouts of Happy Space materials.

On 5 June 2024, Happy Space partnered with Feel Good Films to produce a new marketing and awareness video designed to tell the Happy Space story and clearly articulate what the charity does. Our aim is to use this content to support future fundraising and school engagement.

Happy Space has continued partnerships with schools, including Frensham Heights, where it delivered both Junior Guidebooks (for primary school age children) and Bobo's Adventures storybooks (for nursery age children), alongside supporting lesson plans and workshop materials.

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.

2.2. General

For the year ended 1 February 2025, the primary financial activity of Happy Space was to generate cash flows to support the main charitable purpose of delivering wellbeing education to students and young adults. During this reporting period, Happy Space focused on ensuring that its materials for this purpose are best in class and accessible digitally.

As detailed below, £1,535.09 of cash flows generated were spent on printing and distributing guidebooks and Happy Space's guidebook digitisation project as described above.

At year end, cash reserves were £38,665. £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 future to finalise the Happy Space guidebook digitisation project and support Happy Space hosting wellbeing events for students.

Both the executive and the Trustee board expect the organisation to operate for the foreseeable future, being 12 months minimum. Happy Space therefore continues as a going concern.

3. Financial Review

3.1. Income and expenditure

Total income for the year amounted to £18,762.77, comprising:

- Donations: £15,822.46
- Guidebook sales: £2,820.31
- Other income: £120.00

Total expenditure for the year was £3,028.46 comprising:

- Payroll costs: £480
- Guidebooks (including the digitisation project mentioned above): £1,535.09
- Administrative expenses: £883.37
- Other expenditure: £130

3.2. Financial Position

The organisation continues to maintain a positive financial position as at 1 February 2025, with cash funds of £38,665 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.

3.3 Reserves Policy

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 day-to-day graphic design and printing costs of the guidebook. For the current accounting period Happy Space has no full time paid employees and uses contractors on an “as needed” basis, leaving minimal operational costs. Fixed administrative costs are very low. 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.

No changes to the reserves policy were made in the reporting year.

4. Structure, Governance and Management

Happy Space is a Charitable Incorporated Organisation (CIO), governed by a constitution dated 23 May 2019, based on the Charity Commission’s model document.

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

Charity Name: Happy Space UK

Registered Charity Number: 1183549

Principal Office: 140 Cravells Road, Harpenden, Hertfordshire, AL5 1BQ

All Trustees gave their time freely, and no remuneration or expenses were paid in the year. In February 2024, as permitted by its constitution and in accordance with section 185 of the Charities Act 2011, Nader Dehdashti was remunerated for his services as Managing Director for one day a week for the month of January. This arrangement was terminated at the end of January 2024. As of the date of this approval of this report, the Trustee board comprises Judith Apps, Nader Dehdashti and James Fuggle.

Previous Trustees

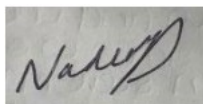
- Kamran Dehdashti (resigned)
 - Joshua Harris (resigned)
 - Paul Crawford (resigned)
 - Eleanor Hall (resigned)
 - Vivienne Durham (resigned)
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6. Approval

This report was approved by the Board of Trustees on 30 November 2025.

Signed on behalf of the Board:

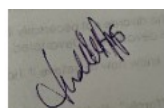
Nader Dehdashti



Trustee

Date: 30 November 2025

Judith Apps



Trustee

Date: 30 November 2025



CHARITY COMMISSION
FOR ENGLAND AND WALES

Happy Space UK

1183549

Receipts and payments accounts

CC16a

For the period
from

02.02.24

To

01.02.25

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					
Restricted grants			-	-	-
Donations	15,822	-	-	15,822	9,706
Sale of guidebooks	2,820	-	-	2,820	2,640
Events	-	-	-	-	1,400
Sale of electronic guidebooks	-	-	-	-	-
Other income	120	-	-	120	18
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	18,763	-	-	18,763	13,764
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	18,763	-	-	18,763	13,764
A3 Payments					
Payroll costs	480	-	-	480	16,083
Guidebooks	1,535	-	-	1,535	6,698
Administration expenses	883	-	-	883	10,129
Other / Misc	130	-	-	130	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	3,028	-	-	3,028	32,910
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	3,028	-	-	3,028	32,910
Net of receipts/(payments)	15,734	-	-	15,734	19,146
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	10,431	12,500	-	22,931	42,077
Cash funds this year end	26,165	12,500	-	38,665	22,931

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		-	-	-
		-	-	-
		-	-	-
		26,165	12,500	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

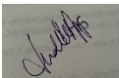
	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
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 liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

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

Signature	Print Name	Date of approval
	Judith Apps	30-Nov-25

Nader

Nader Dehdashti

30-Nov-25