

The Mental Health Community

England & Wales · Charity number 1184442

Details

Other names	CONNECTED HEALTH
Status	Registered
Legal form	CIO
Registered	2019-07-16
Register	View on the Charity Commission register

Contact

Address	1 Springfield Drive Tiverton EX16 5PN
Phone	07841596289
Email	hannah@thementalhealthcommunity.co.uk
Website	www.thementalhealthcommunity.co.uk

Activities

Objects: FOR THE PUBLIC BENEFIT, THE RELIEF OF THOSE IN NEED BY REASON OF MENTAL HEALTH, BY PROMOTING MENTAL HEALTH INCLUSION AT WORK AND PROVIDING INFORMATION AND GUIDANCE TO WORK PLACES

Activities: Educating businesses to provide supportive, welcoming, inclusive spaces for people with mental ill-health

Classification

- **How:** Provides Services
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** The General Public/mankind

Geography

- Throughout England

Finances

Period end	Income	Expenditure	Assets	Employees
2025-10-31	£855	£20,087	-	-
2024-10-31	£20,000	£8,332	-	-
2023-10-31	£12,336	£3,729	-	-
2022-10-31	£2,777	£2,717	-	-
2021-10-31	£3,628	£1,175	-	-
2020-10-31	£0	£0	-	-

Trustees

Name	Role	Appointed
HANNAH STURLAND	Chair	2018-06-10
DERMOT PARKINSON		2018-06-10
Fiona Cole		2024-09-15
Michael Ramone		2025-06-30
Nadia Mahmud		2025-06-30
Sheon Sturland		2019-09-28
Simon Bedford-Smith		2025-06-30

The Mental Health Community

England & Wales - Charity number 1184442

Accounts



ANNUAL REPORT 2025

Registered charity number: 1184442
www.thementalhealthcommunity.co.uk
hello@thementalhealthcommunity.co.uk



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About us



We are The Mental Health Community (reg. 1184442), presenting our annual report covering reporting period 1 November 2024 - 31 October 2025.

As enshrined in our governing document, our charitable purposes are:

For the public benefit, the relief of those in need by reason of mental health, by promoting mental health inclusion at work and providing information and guidance to workplaces.

Everything we do is from a foundation of lived experience of mental ill-health.

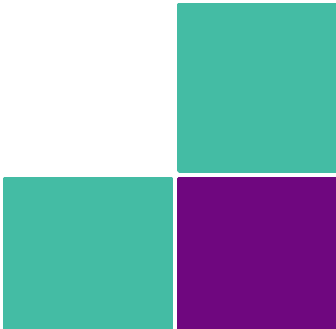
We know that it can be difficult to get, or keep a job if your energy levels, how you're feeling and your ability to go to a place of work every day are affected by a mental health condition like anxiety or depression.

But we also know that having a sense of purpose and belonging can really help with the symptoms and impact that mental health conditions can have on you.

Our work is focused on helping people with a mental health condition who are in work or looking for work.

We do this by supporting businesses to improve how they look after people, because we know that by creating inclusive and safe spaces at work we make it possible for people with mental ill health to stay in the workplace which helps keep them well and benefits the businesses too.

This year we have been supported by Plymouth University to host a micro-internship for one of their students. Samantha made a fantastic impact for us through social media development and asset creation. Thank you Samantha and Plymouth University!



Meet our team



Hannah Sturland
Founder | Chair

Appointed at
incorporation



Paul Smith
Founding trustee

Stepped down
this year



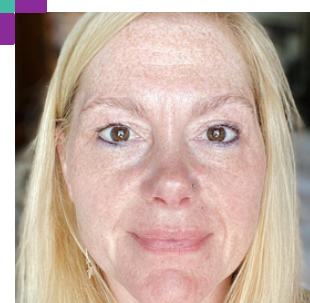
Dermot Parkinson
Treasurer

Appointed at
incorporation



Sheon Sturland
Founding trustee

Appointed at
incorporation



Fiona Cole
Trustee

Term: September 2024 -
September 2027

New trustees 2025

Simon Bedford-Smith
Michael Ramone
Nadia Mahmud

Terms:

Simon and Michael: June 2025
- June 2028

Nadia: April 2026 - April
2029.

Vision

We believe in thriving and mental health inclusive workplaces for everyone.

Mission

Driving understanding and support for mental health within the workplace from a foundation of lived experience.

Values

We are Authentic: we bring our whole selves to the mission, learn from people's real stories and are true to our vision.

We are Community: we are stronger together, we collaborate to find the right solutions and we support each other.

We are Challenge: we can do, say and deliver hard things.

Theory of change



Impact summary

This year we have delivered a total of **221 hours** of support were delivered with all elements of the programme receiving positive feedback, with participants rating it **4.4 / 5** and **100%** saying they would recommend it to others.

We evaluate the impact of the programme through:

1. Start and end point surveys which participating organisations are asked to share with all staff for completion.
2. Surveys following each intervention: workshops, shared learning, consultancy sessions.

The impact data suggests we are achieving the outcomes set out in our Theory of Change:

Better quality conversations about mental health:

- 81% felt that quality conversations about mental health at work had got 'better' or 'much better'.
- 67% said, "I have more tools to help me create a safe, supportive culture for people with a mental health condition."
- 67% said, "I feel more confident in supporting colleagues with a mental health condition."

People with a mental health condition are better able to advocate for their needs:

- 69% felt that people with a mental health condition in their organisation were 'better' or 'much better' able to advocate for their needs at work.
- 63% felt there was 'better' or 'much better' access to reasonable adjustments for everyone.
- I feel safe to ask for the support I need for my mental health improved 28%: from 60% to 88%.

Participating organisations are a safe place to work for people with a mental health condition:

- 63% felt their organisation was 'better' or 'much better' as a safe place to work for people with a mental health condition.
- I feel safe and confident to be open about my mental health at work improved 45%: from 49% to 94%.
- I feel supported by the organisation to stay well at work improved 24%: from 57% to 81%
- I receive appropriate support in a timely way improved 25%: from 50% to 75%.
- I am able to take the time off I need to support my mental health improved 32%: from 43% to 75%.

Activities

This year we have focused on making progress towards our strategic objectives:

- **Objective 1: To successfully deliver the Community Headspace programme – with a mix of new and returning clients.**

This year saw us deliver the Community Headspace programme to our second cohort of organisations:

- Delivered between January 2025 and October 2025, with a 3 month recruitment window (Oct-Jan).
- With 13 new organisations and 3 returning from cohort 1.
- Each organisation had a minimum of 3 participants with 56 individuals taking part.
- 9 new organisations and 2 from cohort 1 completed the program, earning or retaining Mental Health Inclusive Workplace status.

- **Objective 2: To create a commercially sustainable model.**

We have used face-to-face strategy days to identify opportunities for additional products and services that can provide income to reduce the reliance on grant funding.

We explored these opportunities and have started work to develop the first two indicated as priorities by our effort/income matrix ready to launch in early 2026.

- **Objective 3: To review and develop the charity's governance and resource model.**

We conducted a review of our trustee board and identified the skills and demographics currently missing. We developed a more inclusive trustee role description and advert which we used via a Charity Job recruitment to meet and induct 3 new trustees.

We reviewed and updated all of our policies, improved governance around information management through use of Google Workspace and organisation email accounts for each trustee and implemented an improved trustee report to support each meeting with Read AI to capture a summary of the conversations.

Financial review

This year we have been funded through a £20,000 grant from The National Lottery and donations. The challenges with securing ongoing grant funding are a significant risk to the organisation and with 10 unsuccessful funding bids this year it highlights the importance of launching the new income-generating ideas.

We currently hold no reserves due to the lack of success in securing ongoing funding.

Review of the charity's financial position at the end of the period

Starting balance: £20,275

Money in: £855

Money out: £20,087

End of year balance: £1,043

Governance

The Mental Health Community is a Charitable Incorporated Organisation (CIO) and is governed by a Foundation Model Constitution.

Trustees are recruited using an inclusive, anonymous process via Charity Job. When trustee recruitment is required, every trustee will be appointed for a period of three years by a resolution passed at a properly convened meeting of the existing trustees. Regard will be given to the skills, knowledge and experience required for effective administration of the organisation when appointing new trustees.

At the end of this reporting year there are six trustees in post. One of the founding trustees has stepped down, two new trustees joined the board and another was recruited and will start officially in early 2026.

We improved the induction process for new trustees, which now includes a handbook with key information about the organisation, how we work together and social media guidance.

Policies and procedures are in place and were reviewed this year. The review cycle is every two years or sooner if required.

Operations are overseen by the Chair of trustees, with day-to-day delivery held by the operational team of freelance professionals:



Forward Plan



We have designed a forward plan for the next 3 years which aims to move us away from a reliance on grant funding to a more sustainable approach by growing our traded income.

We aim to:

1. Continue development and delivery of grant-funded workshops through 2026.
2. Have our core trading offer which includes a series of workshops, additional support and toolkits ready for sale by the end of Q1 2027.
3. Increased traded income year-on-year.
4. Secure longer-term funding for annual cohorts of our Community Headspace programme.
5. Develop, test and deliver 2 new traded income streams in 2027.
6. Develop, test and deliver at least 1 new traded income stream in 2028.

Declaration

The Mental Health Community has taken advantage of the small companies' exemption in preparing the report above.

The trustees declare that they have had due regard to the guidance issued by Charity Commission on public benefit and have approved this annual trustees report.

Signed on behalf of the charity's trustees

A handwritten signature in black ink, appearing to be 'Hannah', written in a cursive style.A handwritten signature in black ink, appearing to be 'Sutton', written in a cursive style.



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name The Mental Health Community	No (if any) 1184442
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CC16a

Receipts and payments accounts

For the period from	Period start date 11/1/2024	To	Period end date 10/31/2025
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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 £	Last year to the nearest £
A1 Receipts					
Balance at beginning of Year	20,275	-	-	20,275	8,607
Sturland	755	-	-	755	-
The Self Space Limited	100	-	-	100	-
Lottery grant	-	-	-	-	20,000
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	21,130	-	-	21,130	28,607
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	21,130	-	-	21,130	28,607
A3 Payments					
Admin - Bex	1,473	-	-	1,473	187
Policy Bee	141	-	-	141	259
Zoom	78	-	-	78	70
Choloe PM	4,707	-	-	4,707	1,622
Jess Facilitator	9,119	-	-	9,119	5,696
Emily - Recruitment	4,530	-	-	4,530	250
Sundries (balance figure)	39	-	-	39	91
Web site management	-	-	-	-	157
	-	-	-	-	-
Sub total	20,087	-	-	20,087	8,332
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	20,087	-	-	20,087	8,332
Net of receipts/(payments)	1,043	-	-	1,043	20,275
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	1,043	-	-	1,043	20,275

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	Bank Account	1,043	-	-
		-	-	-
		-	-	-
	Total cash funds	1,043	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

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

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	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
		Hannah Sturland		4/15/2026
	#VALUE!	Dermot Parkinson		4/15/2026

The Mental Health Community

England & Wales - Charity number 1184442

Accounts



Trustees' annual report (including Directors' report) for the period

From: 01 November 2023

To: 31 October 2024

Charity name: The Mental Health Community (TMHC)

Charity registration number: 1184442

Company number: N/A

SORP is Statement of Recommended Practice – this provides recommendations and requirements for preparing 'true and fair' accounts in accordance with UK accounting standards.

[The Charities Statement of Recommended Practice \(SORP\) - GOV.UK \(www.gov.uk\)](http://www.gov.uk)

Objectives and activities

SOR P ref		
Para 1.17	Summary of the purposes of the charity as set out in its governing document	For the public benefit , the relief of those in need by reason of mental or physical ill-health by providing, via information technology or other means, access to community services as a source of support.
Para 1.17 and 1.19	Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts	<ul style="list-style-type: none"> • Delivery of Community Headspace programme • Further development of Community Headspace offer
Para 1.18	Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Yes

Additional information (optional)

Para 1.38	Policy on grant making	N/A
Para 1.38	Policy on social investment including program related investment	N/A
Para 1.38	Contribution made by volunteers	<ul style="list-style-type: none"> • Marketing support • Social media creation and posting

Achievements and performance

Para 1.20: Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole

- Recruitment of remaining 4 businesses for cohort 1 of new Community Headspace Programme
- Delivery of Community Headspace Programme across the cohort of 10 businesses

- Evaluation of cohort 1, creation of impact report and learning embedded for cohort 2
- Successful application to The National Lottery Community fund for £20,000 to run Community Headspace programme for a second cohort
- Recruitment of delivery and support team for cohort 2 ahead of participant recruitment during next financial period
- Ongoing work on a strategic plan for the charity including objectives, goals and potential measures
- Updated vision and mission statements to better reflect the work we're now doing
- Recruitment of a new trustee

Summary of impact from cohort 1:

- 86% told us the consultancy sessions gave them more tools to help create a safe, supportive culture for people with a mental health condition
- 89% told us the consultancy sessions made them feel significantly more confident in supporting colleagues with a mental health condition
- 83% told us the training sessions helped them feel more confident supporting colleagues with their mental health
- 100% told us the workshops were informative and supported their learning
- 94% told us the training sessions gave them more tools to help create a safe, supportive culture for people with a mental health condition

Para 1.40 Additional information (optional):

Para 1.41	Achievements against objectives set	N/A
Para 1.41	Performance of fundraising activities against objectives set	N/A
Para 1.41	Investment performance against objectives	N/A

Financial review

Para 1.21	Review of the charity's financial position at the end of the period	A full financial statement is attached to this report. Starting balance: £8,607 Money in: £20,000 Money out: £8,332 End of year balance: £20,275
Para 1.22	Statement explaining the policy for holding reserves stating why they are held	N/A during this period
Para 1.22	Amount of reserves held	None
Para 1.22	Reasons for holding zero reserves	Insufficient funds as yet.
Para 1.24	Details of fund materially in deficit	N/A
Para 1.23	Explanation of any uncertainties about the charity continuing as a going concern	N/A

Additional information (optional)

Para 1.47	The charity's principal sources of funds (including any fundraising)	Grants from The National Lottery Awards for All.
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Para 1.46	Investment policy and objectives including any social investment policy adopted	N/A during this period
Para 1.46	A description of the principal risks facing the charity	<p>Due to the small size of the team and limited time available there is a risk that we don't have capacity to promote the programme, recruit sufficient businesses to participate and deliver Community Headspace.</p> <p>Due to ongoing funding inconsistency there is a risk that we are unable to retain the contractors who are delivering the programme.</p>

Structure, governance and management

Para 1.25	Type of governing document	TMHC is governed by a Foundation Model Constitution
Para 1.25	How is the charity constituted?	TMHC is a Charitable Incorporated Organisation
Para 1.25	Trustee selection methods including details of any constitutional provisions	<p>The first trustees are still in post, with an additional trustee recruited during this financial period.</p> <p>When trustee recruitment is required every trustee will be appointed for a period of three years by a resolution passed at a properly convened meeting of the existing trustees. Regard will be given to the skills, knowledge and experience required for effective administration of TMHC when appointing new trustees.</p>

Additional information (optional)

Para 1.51	Policies and procedures adopted for the induction and training of trustees	Policies and procedures are in place and reviewed regularly. Induction programme has been developed.
Para 1.51	The charity's organisational structure and any wider network with which the charity works	TMHC is managed by its board of trustees with the Chair primarily responsible for activity.
Para 1.51	Relationship with any related parties	N/A

Reference and administrative details

Charity name	The Mental Health Community
Other name the charity uses	Previously known as Connected Health
Registered charity number	1184442
Charity's principal address	1 Springfield Drive, Tiverton, Devon EX16 5PN
Office locations	TMHC has no office locations

	Trustee name	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Hannah Sturland	Whole period	Appointed at incorporation
2	Sheon Sturland	Whole period	Appointed at incorporation
3	Dermot Parkinson	Whole period	Appointed at incorporation
4	Paul Smith	Whole period	Appointed at incorporation

5	Fiona Cole	Sept 2024-present	Board of Trustees
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Corporate trustees – names of the directors at the date the report was approved

Director name	Dates acted if not for whole year
N/A	N/A

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year
N/A	N/A – TMHC holds no property

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/A

Additional information (optional)

Names and addresses of advisers (optional information)

Type of adviser	Name	Address
N/A	N/A	N/A

Name of chief executive or names of senior staff members (optional information)

N/A

Exemptions from disclosure

Reason for non-disclosure of key personnel details

N/A

Other optional information


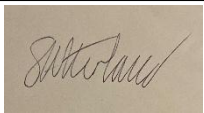


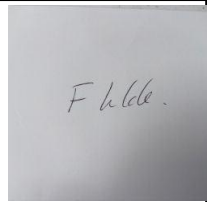
N/A

Declarations

The company has taken advantage of the small companies' exemption in preparing the report above.

The trustees declare that they have approved the trustees' report (including directors' report) above.

Signed on behalf of the charity's trustees/directors

Signature (s)					
Full name(s)	Hannah Sturland	Sheon Sturland	Dermot Parkinson	Paul Smith	Fiona Cole
Position	Chair	Trustee	Trustee	Trustee	Trustee
Date	14.02.2025	14.02.2025	19.02.25	17.02.2025	21.02.25



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Additional information (optional)

Para 1.47	The charity's principal sources of funds (including any fundraising)	Grants from The National Lottery Awards for All.
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Para 1.46	Investment policy and objectives including any social investment policy adopted	N/A during this period
Para 1.46	A description of the principal risks facing the charity	<p>Due to the small size of the team and limited time available there is a risk that we don't have capacity to promote the programme, recruit sufficient businesses to participate and deliver Community Headspace.</p> <p>Due to ongoing funding inconsistency there is a risk that we are unable to retain the contractors who are delivering the programme.</p>

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Additional information (optional)

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Para 1.51	Relationship with any related parties	N/A

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5	Fiona Cole	Sept 2024-present	Board of Trustees
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Corporate trustees – names of the directors at the date the report was approved

Director name	Dates acted if not for whole year
N/A	N/A

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year
N/A	N/A – TMHC holds no property

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/A

Additional information (optional)

Names and addresses of advisers (optional information)

Type of adviser	Name	Address
N/A	N/A	N/A

Name of chief executive or names of senior staff members (optional information)

N/A

Exemptions from disclosure

Reason for non-disclosure of key personnel details

N/A

Other optional information


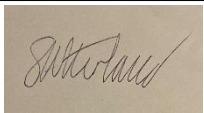


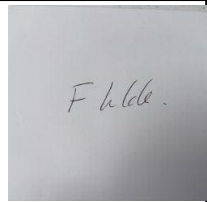
N/A

Declarations

The company has taken advantage of the small companies' exemption in preparing the report above.

The trustees declare that they have approved the trustees' report (including directors' report) above.

Signed on behalf of the charity's trustees/directors

Signature (s)					
Full name(s)	Hannah Sturland	Sheon Sturland	Dermot Parkinson	Paul Smith	Fiona Cole
Position	Chair	Trustee	Trustee	Trustee	Trustee
Date	14.02.2025	14.02.2025	19.02.25	17.02.2025	21.02.25

The Mental Health Community

England & Wales - Charity number 1184442

Accounts



Trustees' annual report (including Directors' report) for the period

From: 01 November 2022

To: 31 October 2023

Charity name: The Mental Health Community (TMHC)

Charity registration number: 1184442

Company number: N/A

SORP is Statement of Recommended Practice – this provides recommendations and requirements for preparing 'true and fair' accounts in accordance with UK accounting standards.

[The Charities Statement of Recommended Practice \(SORP\) - GOV.UK \(www.gov.uk\)](http://www.gov.uk)

Objectives and activities

SOR P ref		
Para 1.17	Summary of the purposes of the charity as set out in its governing document	FOR THE PUBLIC BENEFIT, THE RELIEF OF THOSE IN NEED BY REASON OF MENTAL HEALTH, BY PROMOTING MENTAL HEALTH INCLUSION AT WORK AND PROVIDING INFORMATION AND GUIDANCE TO WORK PLACES
Para 1.17 and 1.19	Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts	<ul style="list-style-type: none"> • Delivery of Community Headspace programme • Further development of Community Headspace offer
Para 1.18	Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Yes

Additional information (optional)

Para 1.38	Policy on grant making	N/A
Para 1.38	Policy on social investment including program related investment	N/A
Para 1.38	Contribution made by volunteers	<ul style="list-style-type: none"> • Marketing support

Achievements and performance

Para 1.20: Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole

- Launch of a new iteration of the Community Headspace programme – a longer-term programme that comprises a combination of workshops, bespoke consultancy, action planning and shared learning workshops.
- Funding to deliver the programme to 10 businesses across the year received from TNL Awards for All.
- 6 businesses signed up to the new programme, with a second cohort scheduled for Dec- Jan.
- Positive feedback includes:
 - o “really positive and empowering” – an inclusive leadership workshop attendee
 - o The workshop was helpful in “understanding the variety and difference in mental health” – mental health awareness workshop attendee
- 80 people directly supported with their mental health at work through delivery of community headspace programme in their workplace.

Para 1.40 Additional information (optional):

Para 1.41	Achievements against objectives set	N/A
Para 1.41	Performance of fundraising activities against objectives set	N/A
Para 1.41	Investment performance against objectives	N/A

Financial review

Para 1.21	Review of the charity’s financial position at the end of the period	A full financial statement is attached to this report. Money in: £12336 Money out: £3726 End of year balance: £8607
Para 1.22	Statement explaining the policy for holding reserves stating why they are held	N/A during this period
Para 1.22	Amount of reserves held	None
Para 1.22	Reasons for holding zero reserves	Insufficient funds as yet.
Para 1.24	Details of fund materially in deficit	N/A
Para 1.23	Explanation of any uncertainties about the charity continuing as a going concern	N/A

Additional information (optional)

Para 1.47	The charity’s principal sources of funds (including any fundraising)	Grant from The National Lottery Awards for All.
Para 1.46	Investment policy and objectives including any social investment policy adopted	N/A during this period
Para 1.46	A description of the principal risks facing the charity	Due to the small size of the team and limited time available there is a risk that we don’t have capacity to promote and deliver Community Headspace.

		Due to ongoing funding inconsistency there is a risk that we are unable to retain the contractors who are delivering the programme
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Structure, governance and management

Para 1.25	Type of governing document	TMHC is governed by a Foundation Model Constitution
Para 1.25	How is the charity constituted?	TMHC is a Charitable Incorporated Organisation
Para 1.25	Trustee selection methods including details of any constitutional provisions	<p>The first trustees are still in post, with two additional trustees recruited during the previous financial period to support with marketing and fundraising.</p> <p>When trustee recruitment is required every trustee will be appointed for a period of three years by a resolution passed at a properly convened meeting of the existing trustees. Regard will be given to the skills, knowledge and experience required for effective administration of TMHC when appointing new trustees.</p> <p>To note: two trustees resigned shortly after the end of the financial period, before this report was completed so will not review this submission.</p>

Additional information (optional)

Para 1.51	Policies and procedures adopted for the induction and training of trustees	Policies and procedures are in place and reviewed regularly. Induction programme has been developed.
Para 1.51	The charity's organisational structure and any wider network with which the charity works	TMHC is managed by its board of trustees with the Chair primarily responsible for activity.
Para 1.51	Relationship with any related parties	N/A

Reference and administrative details

Charity name	The Mental Health Community
Other name the charity uses	Previously known as Connected Health
Registered charity number	1184442
Charity's principal address	1 Springfield Drive, Tiverton, Devon EX16 5PN
Office locations	TMHC has no office locations

	Trustee name	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Hannah Sturland	Whole period	Appointed at incorporation
2	Sheon Sturland	Whole period	Appointed at incorporation
3	Dermot Parkinson	Whole period	Appointed at incorporation
4	Paul Smith	Whole period	Appointed at incorporation
5	Eleanor Carr	April 2022 – March 2023	Board of Trustees
6	Alix Coleby	May 2022 – February 2023	Board of Trustees

Corporate trustees – names of the directors at the date the report was approved

Director name	Dates acted if not for whole year
N/A	N/A

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year
N/A	N/A – TMHC holds no property

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity’s objects	N/A
Details of arrangements for safe custody and segregation of such assets from the charity’s own assets	N/A

Additional information (optional)

Names and addresses of advisers (optional information)

Type of adviser	Name	Address
N/A	N/A	N/A

Name of chief executive or names of senior staff members (optional information)

N/A

Exemptions from disclosure

Reason for non-disclosure of key personnel details

N/A

Other optional information



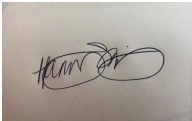
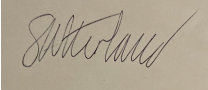
N/A

Declarations

The company has taken advantage of the small companies’ exemption in preparing the report above.

The trustees declare that they have approved the trustees’ report (including directors’ report) above.

Signed on behalf of the charity’s trustees/directors

Signature (s)	Hannah Sturland	Sheon Sturland		
				

Full name(s)	Hannah Sturland	Sheon Sturland	Dermot Parkinson	Paul Smith
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Position	Chair	Trustee	Trustee	Trustee
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Date	18 July 2024	18 July 2024	10 July 2024	15 July 2024
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CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name The Mental Health Community	No (if any) 1184442
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CC16a

Receipts and payments accounts

For the period from	Period start date 1-Nov-22	To	Period end date 31-Oct-23
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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 £	Last year to the nearest £
A1 Receipts					
Donations	182	-	-	182	-
Amazon Smile	25	-	-	25	-
School for Social Enterprise	1,711	-	-	1,711	-
Payment for services CAF	358	-	-	358	-
Lottery Grant	10,000	-	-	10,000	-
Balance at the beginning of the year	60	-	-	60	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	12,336	-	-	12,336	-
A2 Asset and investment sales, (see table).					
None	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	12,336	-	-	12,336	-
A3 Payments					
Insurance	258	-	-	258	-
Facilitator Jess	487	-	-	487	-

Project Management Chloe	1,117	-	-	1,117	-
Web site updating	157	-	-	157	-
Staff - Internship Emilio	1,710	-	-	1,710	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	3,729	-	-	3,729	-

A4 Asset and investment purchases, (see table)					
None	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-

Total payments	3,729	-	-	3,729	-
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Net of receipts/(payments)	8,607	-	-	8,607	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	8,607	-	-	8,607	-

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	Bank Account	8,607	-	-
		-	-	-
		-	-	-
	Total cash funds	8,607	-	-

(agree balances with receipts and payments account(s))

		OK	OK	OK
		Unrestricted funds	Restricted funds	Endowment funds
		to nearest £	to nearest £	to nearest £
B2 Other monetary assets	Details			
	None	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

		Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets	Details			
	None		-	-
			-	-
			-	-
			-	-
			-	-

		Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use	Details			
			-	-
			-	-
			-	-
			-	-
			-	-

		-	-
		-	-
		-	-

B5 Liabilities

Details	Fund to which liability relates	Amount due (optional)	When due (optional)
None		-	
		-	
		-	
		-	
		-	

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

Signature	Print Name	Date of approval
Hannah Sturland	HANNAH STURLAND	30/6/2024
Dermot Parkinson	DERMOT PARKINSON	30/6/2024

The Mental Health Community

England & Wales - Charity number 1184442

Accounts



Trustees' annual report (including Directors' report) for the period

From: 01 November 2021

To: 31 October 2022

Charity name: The Mental Health Community (TMHC)

Charity registration number: 1184442

Company number: N/A

SORP is Statement of Recommended Practice – this provides recommendations and requirements for preparing 'true and fair' accounts in accordance with UK accounting standards.

[The Charities Statement of Recommended Practice \(SORP\) - GOV.UK \(www.gov.uk\)](http://www.gov.uk)

Objectives and activities

SORP ref		
Para 1.17	Summary of the purposes of the charity as set out in its governing document	For the public benefit, the relief of those in need by reason of mental or physical ill-health by providing, via information technology or other means, access to community services as a source of support.
Para 1.17 and 1.19	Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts	<ul style="list-style-type: none"> • Delivery of Community Headspace programme • Further development of Community Headspace offer
Para 1.18	Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Yes

Additional information (optional)

Para 1.38	Policy on grant making	N/A
Para 1.38	Policy on social investment including program related investment	N/A
Para 1.38	Contribution made by volunteers	<ul style="list-style-type: none"> • Social media support • Funding application support • Guidance and support for further development of Community Headspace

Achievements and performance

Para 1.20: Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole

- 20 businesses have completed the Community Headspace elearning

- Providing mental health inclusive businesses in 7 communities
- Community Headspace and our additional workshops have directly helped more than 2,000 people with their mental health
- Positive feedback includes:
 - **“Your candour in speaking openly was inspiring and helped to dispel myths about mental health”**
 - **“As someone who lives with various mental health diagnoses I really appreciate it”**
 - **“Really inspiring and thought provoking, I will try to do better”**
 - **“That was amazing and really important for us to hear”**
- Revised Community Headspace offer, an annual programme to create workplace mental health inclusion has been drafted.

Para 1.40 Additional information (optional):

Para 1.41	Achievements against objectives set	N/A
Para 1.41	Performance of fundraising activities against objectives set	N/A
Para 1.41	Investment performance against objectives	N/A

Financial review

Para 1.21	Review of the charity’s financial position at the end of the period	A bank account is now in use and a full financial statement is attached to this report. Money in: £2,777 Money out: £2,717 End of year balance: £60
Para 1.22	Statement explaining the policy for holding reserves stating why they are held	N/A during this period
Para 1.22	Amount of reserves held	None
Para 1.22	Reasons for holding zero reserves	Insufficient funds as yet.
Para 1.24	Details of fund materially in deficit	N/A
Para 1.23	Explanation of any uncertainties about the charity continuing as a going concern	N/A

Additional information (optional)

Para 1.47	The charity’s principal sources of funds (including any fundraising)	Donations via Amazon Smile and Paypal
Para 1.46	Investment policy and objectives including any social investment policy adopted	N/A during this period
Para 1.46	A description of the principal risks facing the charity	Due to lack of consistent funding there is a risk that we will not be able to deliver Community Headspace to the target number of businesses.

		Due to the small size of the team and limited time available there is a risk that we don't have capacity to promote and deliver Community Headspace.
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Structure, governance and management

Para 1.25	Type of governing document	TMHC is governed by a Foundation Model Constitution
Para 1.25	How is the charity constituted?	TMHC is a Charitable Incorporated Organisation
Para 1.25	Trustee selection methods including details of any constitutional provisions	The first trustees are still in post, with two additional trustees recruited during this period to support with marketing and fundraising. When trustee recruitment is required every trustee will be appointed for a period of three years by a resolution passed at a properly convened meeting of the existing trustees. Regard will be given to the skills, knowledge and experience required for effective administration of TMHC when appointing new trustees.

Additional information (optional)

Para 1.51	Policies and procedures adopted for the induction and training of trustees	Policies and procedures are now in place: Policies Webpage
Para 1.51	The charity's organisational structure and any wider network with which the charity works	TMHC is managed by its board of trustees with the Chair primarily responsible for activity.
Para 1.51	Relationship with any related parties	N/A

Reference and administrative details

Charity name	The Mental Health Community
Other name the charity uses	Previously known as Connected Health
Registered charity number	1184442
Charity's principal address	1 Springfield Drive, Tiverton, Devon EX16 5PN
Office locations	TMHC has no office locations

	Trustee name	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Hannah Sturland	Whole period	Appointed at incorporation
2	Sheon Sturland	Whole period	Appointed at incorporation
3	Dermot Parkinson	Whole period	Appointed at incorporation
4	Paul Smith	Whole period	Appointed at incorporation
5	Eleanor Carr	April 2022	Board of Trustees
6	Alix Coleby	May 2022	Board of Trustees

Corporate trustees – names of the directors at the date the report was approved

Director name	Dates acted if not for whole year
N/A	N/A

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year
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N/A	N/A – TMHC holds no property
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Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/A

Additional information (optional)

Names and addresses of advisers (optional information)

Type of adviser	Name	Address
N/A	N/A	N/A

Name of chief executive or names of senior staff members (optional information)

N/A

Exemptions from disclosure

Reason for non-disclosure of key personnel details

N/A

Other optional information

N/A

Declarations

The company has taken advantage of the small companies' exemption in preparing the report above.

The trustees declare that they have approved the trustees' report (including directors' report) above.

Signed on behalf of the charity's trustees/directors

Signature(s)	Hannah Sturland	Sheon Sturland	Dermot Parkinson	Paul Smith	Eleanor Carr	Alix Coleby
Full name(s)	Hannah Sturland	Sheon Sturland	Dermot Parkinson	Paul Smith	Eleanor Carr	Alix Coleby

Position	Chair	Trustee	Trustee	Trustee	Trustee	Trustee
Date	19/07/2023	19/07/2023	19/07/2023	19/07/2023	19/07/2023	19/07/2023



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name The Mental Health Community	No (if any) 1184442
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CC16a

Receipts and payments accounts

For the period from	Period start date 1-Nov-21	To	Period end date 31-Oct-22
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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 £	Last year to the nearest £
A1 Receipts					
Donations	350	-	-	350	-
Amazon Smile	25	-	-	25	-
Paypal	26	-	-	26	-
Payment for services	358	-	-	358	-
Bank Balance at start of year	2,018	-	-	2,018	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	2,777	-	-	2,777	-
A2 Asset and investment sales, (see table).					
None	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	2,777	-	-	2,777	-
A3 Payments					
Insurance	259	-	-	259	-
Marketing	320	-	-	320	-
Virtual Assitant	1,200	-	-	1,200	-

Web site updating	606	-	-	606	-
Charity Admin	332	-	-	332	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	2,717	-	-	2,717	-

A4 Asset and investment purchases, (see table)					
None	-	-	-	-	
	-	-	-	-	
Sub total	-	-	-	-	

Total payments	2,717	-	-	2,717	-
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Net of receipts/(payments)	60	-	-	60	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	60	-	-	60	-

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	Bank Account	2,018	-	-
		-	-	-
		-	-	-
	Total cash funds	2,018	-	-
	(agree balances with receipts and payments account (s))	Agreement Error	OK	OK

B2 Other monetary assets	Details	Unrestricted funds	Restricted funds	Endowment funds
		to nearest £	to nearest £	to nearest £
	None	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			None	
			-	-
			-	-
			-	-
			-	-

B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

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

B5 Liabilities

Details	Fund to which liability relates	Amount due (optional)	When due (optional)
None		-	
		-	
		-	
		-	
		-	

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

Signature	Print Name	Date of approval
Hannah Sturland	HANNAH STURLAND	30/6/2023
Dermot Parkinson	DERMOT PARKINSON	14/6/2023

The Mental Health Community

England & Wales - Charity number 1184442

Accounts



Trustees' annual report (including Directors' report) for the period

From: 01 November 2020

To: 31 October 2021

Charity name: The Mental Health Community (TMHC)

Charity registration number: 1184442

Company number: N/A

SORP is Statement of Recommended Practice – this provides recommendations and requirements for preparing 'true and fair' accounts in accordance with UK accounting standards.

[The Charities Statement of Recommended Practice \(SORP\) - GOV.UK \(www.gov.uk\)](http://www.gov.uk)

Objectives and activities

SORP ref		
Para 1.17	Summary of the purposes of the charity as set out in its governing document	For the public benefit , the relief of those in need by reason of mental or physical ill-health by providing, via information technology or other means, access to community services as a source of support.
Para 1.17 and 1.19	Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts	<ul style="list-style-type: none"> • Launch of 100 Days book • Continuation of Between the Waves podcast • Completion of SSE Start Up Programme sponsored by Lloyds Bank and The National Lottery. • Launch of Community Headspace project • Recruitment of Social Media Volunteer
Para 1.18	Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Yes

Additional information (optional)

Para 1.38	Policy on grant making	N/A
Para 1.38	Policy on social investment including program related investment	N/A
Para 1.38	Contribution made by volunteers	<p>Social Media Volunteer Rhiannon has grown our social media following in the period June 2021 – End October 2021:</p> <ul style="list-style-type: none"> • Facebook reach up 4% • Instagram reach up 106% • LinkedIn page created in September: 104 followers so far, steadily increasing.

Achievements and performance

Para 1.20: Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole



SINCE ITS LAUNCH,

10 COMMUNITY HEADSPACES

in 7 different communities. Providing welcoming, supportive spaces for people with mental ill-health

The Community Headspace logo consists of a green heart icon followed by the text 'Community Headspace' in a green, sans-serif font.

100 DAYS BOOK



100

copies sold, generating around £350 for the charity

14

5* reviews

The podcast cover for 'Between the Waves' features a blue and white wave graphic. The title 'BETWEEN THE WAVES' is written in a white, sans-serif font. Below the title, it says 'Episode 020: SERIES 2 ROUNDUP' and includes a small circular image of a person.

29 PODCASTS

12 5* REVIEWS

TAKE ACTION ON MENTAL ILL HEALTH IN YOUR COMMUNITY



Sign up and join us!

WWW.THEMENTALHEALTHCOMMUNITY.CO.UK

Para 1.40 Additional information (optional): Impact achieved with TNL Community Funding:



THANKS TO NATIONAL LOTTERY FUNDING:

1500 LOCAL BUSINESSES
reached in our local communities of Exeter and Tiverton to tell them more about Community Headspace



71,000 SOCIAL MEDIA VIEWS
553 WEBSITE VISITS
where people have learned more about Community Headspace

15 NEW COMMUNITY HEADSPACES
6 of these businesses have already completed our e-learning on common mental health conditions and practical tips and communication tools

WWW.THEMENTALHEALTHCOMMUNITY.CO.UK

Para 1.41	Achievements against objectives set	Complete SSE start up course – met 100 Days book launched – met Continue Between the Waves Podcast – met Launch Community Headspace – met Additional objectives included improvements to the website and social media pages – these have also been met.
Para 1.41	Performance of fundraising activities against objectives set	N/A
Para 1.41	Investment performance against objectives	N/A

Financial review

Para 1.21	Review of the charity's financial position at the end of the period	A bank account is now in use and a full financial statement is attached to this report. Money in: £3,628 Money out: £1,175 End of year balance: £2,453
Para 1.22	Statement explaining the policy for holding reserves stating why they are held	N/A during this period
Para 1.22	Amount of reserves held	None
Para 1.22	Reasons for holding zero reserves	Insufficient funds as yet.
Para 1.24	Details of fund materially in deficit	N/A
Para 1.23	Explanation of any uncertainties about the charity continuing as a going concern	N/A

Additional information (optional)

Para 1.47	The charity's principal sources of funds (including any fundraising)	SSE grant Paypal donations Grant from The National Lottery Community Fund
Para 1.46	Investment policy and objectives including any social investment policy adopted	N/A during this period
Para 1.46	A description of the principal risks facing the charity	Due to lack of consistent funding there is a risk that we are unable to continue delivering Community Headspace free of charge, leading to a reduction in sign ups from businesses.

Structure, governance and management

Para 1.25	Type of governing document	TMHC is governed by a Foundation Model Constitution
Para 1.25	How is the charity constituted?	TMHC is a Charitable Incorporated Organisation
Para 1.25	Trustee selection methods including details of any constitutional provisions	The first trustees are still in post, with no requirement to recruit additional trustees during this period. When trustee recruitment is required every trustee will be appointed for a period of three years by a resolution passed at a properly convened meeting of the existing trustees. Regard will be given to the skills, knowledge and experience required for effective administration of TMHC when appointing new trustees.

Additional information (optional)

Para 1.51	Policies and procedures adopted for the induction and training of trustees	Policies and procedures are now in place: Policies Webpage
Para 1.51	The charity's organisational structure and any wider network with which the charity works	TMHC is managed by its board of trustees with the Chair primarily responsible for activity.

Para 1.51	Relationship with any related parties	N/A
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Reference and administrative details

Charity name	The Mental Health Community
Other name the charity uses	Previously known as Connected Health
Registered charity number	1184442
Charity's principal address	1 Springfield Drive, Tiverton, Devon EX16 5PN
Office locations	TMHC has no office locations

	Trustee name	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Hannah Sturland	Whole period	Appointed at incorporation
2	Sheon Sturland	Whole period	Appointed at incorporation
3	Dermot Parkinson	Whole period	Appointed at incorporation
4	Paul Smith	Whole period	Appointed at incorporation

Corporate trustees – names of the directors at the date the report was approved

Director name	Dates acted if not for whole year
N/A	N/A

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year
N/A	N/A – TMHC holds no property

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/A

Additional information (optional)

Names and addresses of advisers (optional information)

Type of adviser	Name	Address
N/A	N/A	N/A

Name of chief executive or names of senior staff members (optional information)

N/A

Exemptions from disclosure

Reason for non-disclosure of key personnel details

N/A

Other optional information

N/A

Declarations

The company has taken advantage of the small companies' exemption in preparing the report above.

The trustees declare that they have approved the trustees' report (including directors' report) above.

Signed on behalf of the charity's trustees/directors

Signature(s)				
Full name(s)	Hannah Sturland	Sheon Sturland	Dermot Parkinson	Paul Smith
Position	Chair	Trustee	Trustee	Trustee
Date	26/01/2022	26/01/2022	26/01/2022	26/01/2022



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name The Mental Health Community	No (if any) 1184442
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CC16a

Receipts and payments accounts

For the period from	Period start date 01-Nov-20	To	Period end date 31-Oct-21
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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 £	Last year to the nearest £
A1 Receipts					
Donations	628	-	-	628	-
Grants	3,000	-	-	3,000	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	3,628	-	-	3,628	-
A2 Asset and investment sales, (see table).					
None	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	3,628	-	-	3,628	-
A3 Payments					
Insurance	257	-	-	257	-
Marketing	282	-	-	282	-
Fundraising expenses	-	-	-	-	-
Laptop purchase	636	-	-	636	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	1,175	-	-	1,175	-
A4 Asset and investment purchases, (see table)					
None	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	1,175	-	-	1,175	-
Net of receipts/(payments)	2,453	-	-	2,453	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	2,453	-	-	2,453	-

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	Bank Account	2,453	-	-
		-	-	-
		-	-	-
	Total cash funds	2,453	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets	Details	to nearest £	to nearest £	to nearest £
	None	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
	None		-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
	None		-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees		Signature	Print Name	Date of approval
		Hannah Sturland Dermot Parkinson	HANNAH STURLAND DERMOT PARKINSON	15/02/2022 15/02/2022

The Mental Health Community

England & Wales - Charity number 1184442

Accounts



Trustees' annual report (including Directors' report) for the period

From: 16 July 2019

To: 31 October 2020

Charity name: The Mental Health Community (TMHC)

Charity registration number: 1184442

Company number: N/A

SORP is Statement of Recommended Practice – this provides recommendations and requirements for preparing 'true and fair' accounts in accordance with UK accounting standards.

[The Charities Statement of Recommended Practice \(SORP\) - GOV.UK \(www.gov.uk\)](http://www.gov.uk)

Objectives and activities

SORP ref		
Para 1.17	Summary of the purposes of the charity as set out in its governing document	For the public benefit, the relief of those in need by reason of mental or physical ill-health by providing, via information technology or other means, access to community services as a source of support.
Para 1.17 and 1.19	Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts	No activity during this period except ideas generation, participation in School for Social Entrepreneurs (SSE) Accelerating Women's Enterprise course and application to SEE Start Up programme.
Para 1.18	Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	

Additional information (optional)

Para 1.38	Policy on grant making	N/A
Para 1.38	Policy on social investment including program related investment	N/A
Para 1.38	Contribution made by volunteers	N/A during this period

Achievements and performance

Para 1.20	Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole	None during this period. This initial working period has been one of planning activities and understanding the skills and resources needed to deliver activities which make a difference to our beneficiaries. The primary reason for a delay in action is due to a decline in mental health of the Chair of Trustees which required a recovery period.
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Additional information (optional)

Para 1.41	Achievements against objectives set	Chair of Trustees successfully completed the SSE Accelerating Women's Enterprise course, which yielded benefits such as Vision, Mission and Values for TMHC, an understanding of social impact measurement and business planning. During this period a website for TMHC was built and social media platforms started. A place on the SSE Start Up course was also achieved.
Para 1.41	Performance of fundraising activities against objectives set	N/A
Para 1.41	Investment performance against objectives	N/A

Financial review

Para 1.21	Review of the charity's financial position at the end of the period	Zero funds in or out. No fundraising activities were undertaken during this period and any cost incurred e.g. website platform, was at Chair of Trustees expense. There was no bank account or PayPal for TMHC during this period.
Para 1.22	Statement explaining the policy for holding reserves stating why they are held	N/A during this period
Para 1.22	Amount of reserves held	None
Para 1.22	Reasons for holding zero reserves	New charity with no funds as yet.
Para 1.24	Details of fund materially in deficit	N/A
Para 1.23	Explanation of any uncertainties about the charity continuing as a going concern	N/A

Additional information (optional)

Para 1.47	The charity's principal sources of funds (including any fundraising)	N/A during this period
Para 1.46	Investment policy and objectives including any social investment policy adopted	N/A during this period
Para 1.46	A description of the principal risks facing the charity	Due to the mental ill health of the Chair of Trustees, there is a risk that action to develop TMHC and deliver against its charitable purpose is hindered or delayed, leading to failure in delivering activities which make a difference for TMHC beneficiaries.

Structure, governance and management

Para 1.25	Type of governing document	TMHC is governed by a Foundation Model Constitution
Para 1.25	How is the charity constituted?	TMHC is a Charitable Incorporated Organisation
Para 1.25	Trustee selection methods including details of any constitutional provisions	The first trustees are still in post, with no requirement to recruit additional trustees during this period.

		When trustee recruitment is required every trustee will be appointed for a period of three years by a resolution passed at a properly convened meeting of the existing trustees. Regard will be given to the skills, knowledge and experience required for effective administration of TMHC when appointing new trustees.
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Additional information (optional)

Para 1.51	Policies and procedures adopted for the induction and training of trustees	This has been covered as part of the SSE Accelerating Women's Enterprise course and appropriate policies and procedures will be put into place during the next period.
Para 1.51	The charity's organisational structure and any wider network with which the charity works	TMHC is managed by its board of trustees with the Chair primarily responsible for activity.
Para 1.51	Relationship with any related parties	N/A

Reference and administrative details

Charity name	The Mental Health Community
Other name the charity uses	Known during this period as Connected Health
Registered charity number	1184447
Charity's principal address	1 Springfield Drive, Tiverton, Devon EX16 5PN
Office locations	TMHC has no office locations

	Trustee name	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Hannah Sturland	Whole period	Appointed at incorporation
2	Sheon Sturland	Whole period	Appointed at incorporation
3	Dermot Parkinson	Whole period	Appointed at incorporation
4	Paul Smith	Whole period	Appointed at incorporation

Corporate trustees – names of the directors at the date the report was approved

Director name	Dates acted if not for whole year
N/A	N/A

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year
N/A	N/A – TMHC holds no property

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/A

Additional information (optional)

Names and addresses of advisers (optional information)

Type of adviser	Name	Address
N/A	N/A	N/A

Name of chief executive or names of senior staff members (optional information)

N/A

Exemptions from disclosure

Reason for non-disclosure of key personnel details

N/A

Other optional information

N/A

Declarations

The company has taken advantage of the small companies' exemption in preparing the report above.

The trustees declare that they have approved the trustees' report (including directors' report) above.

Signed on behalf of the charity's trustees/directors

Signature(s)				
Full name(s)	Hannah Sturland	Sheon Sturland	Dermot Parkinson	Paul Smith
Position	Chair	Trustee	Trustee	Trustee
Date				



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name The Mental Health Community	No (if any) 1184442
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CC16a

Receipts and payments accounts			
For the period from	Period start date 16-Jul-19	To	Period end date 31-Oct-20

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					
None	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	-	-	-	-	-
A2 Asset and investment sales, (see table).					
None	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	-	-	-	-	-
A3 Payments					
None	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
A4 Asset and investment purchases, (see table)					
None	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	-	-	-	-	-
Net of receipts/(payments)	-	-	-	-	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	-	-	-	-	-

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	None	-	-	-
		-	-	-
		-	-	-
	Total cash funds	-	-	-
	<small>(agree balances with receipts and payments account(s))</small>	OK	OK	OK
B2 Other monetary assets	Details	to nearest £	to nearest £	to nearest £
	None	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
	None		-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
	None		-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
	None		-	
			-	
			-	
			-	
<small>Signed by one or two trustees on behalf of all the trustees</small>	Signature	Print Name	Date of approval	