



CHARITY COMMISSION
FOR ENGLAND AND WALES

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 \(www.gov.uk\)](https://www.gov.uk/government/publications/the-charities-statement-of-recommended-practice-sorp)

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	Social Media Volunteer Rhiannon has grown our social media following in the period June 2021 – End October 2021: <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
in 7 different communities.
Providing welcoming,
supportive spaces for people
with mental ill-health

**COMMUNITY
HEADSPACES**


100 DAYS BOOK

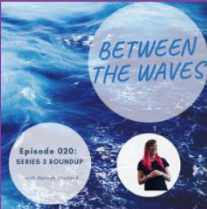


100

copies sold, generating
around £350 for the charity

14

5* reviews



**BETWEEN
THE WAVES**

Episode 020:
SERIES 2 ROUNDUP

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:



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

Receipts and payments accounts

CC16a

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
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	Details			
	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	15/02/2022	
	Dermot Parkinson	DERMOT PARKINSON	15/02/2022	