



CHARITY COMMISSION
FOR ENGLAND AND WALES

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 \(www.gov.uk\)](https://www.gov.uk/guidance/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">• 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

Receipts and payments accounts

CC16a

For the period
from

Period start date

1-Nov-21

To

Period end date

31-Oct-22

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					
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

		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

		-	-
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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