



CHARITY COMMISSION
FOR ENGLAND AND WALES

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

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

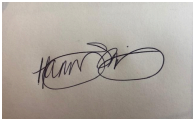
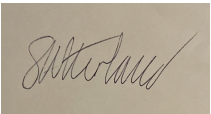


N/A

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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Receipts and payments accounts

CC16a

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

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