



CHARITY COMMISSION
FOR ENGLAND AND WALES

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 \(www.gov.uk\)](https://www.gov.uk/government/publications/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 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


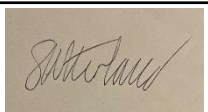
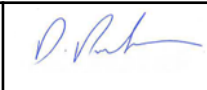


Declarations

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)**

				
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**Full
name(s)**

Hannah Sturland	Sheon Sturland	Dermot Parkinson	Paul Smith	Fiona Cole
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Position

Chair	Trustee	Trustee	Trustee	Trustee
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Date

14.02.2025	14.02.2025	19.02.25	17.02.2025	21.02.25
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Additional information (optional)

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Type of adviser	Name	Address
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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


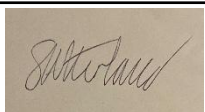


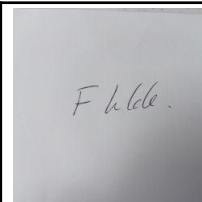
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**Full
name(s)**

Hannah Sturland	Sheon Sturland	Dermot Parkinson	Paul Smith	Fiona Cole
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Position

Chair	Trustee	Trustee	Trustee	Trustee
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Date

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