



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From: 02/04/2020 **Period start date** **To: 13/02/2021** **Period end date**

Charity name: INSIGHT International for Mental Health and Integrated Health Systems

Charity registration number: 1188880

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The objects of the CIO are, for the public benefit, the preservation and protection of good mental health and the promotion of recovery in those experiencing or at risk of experiencing poor mental health, comorbidities with somatic health problems or other mental health related issues anywhere in the world by the provision of advice on sustainable system-based improvements of mental health systems and integrated approaches to promote universal access to good quality mental health care, by the provision of training and capacity building and by advocating for good mental health.
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.	Para 1.17 and 1.19	<p>During this reporting period, the charity initiated 5 projects:</p> <p>1) Training of Workforce in the framework of 'Social Inclusion for People with Mental Disabilities in Turkey' funded by EU & WHO.</p> <p>On behalf of WHO Turkey, a Consortium consisting of GGZ Noord-Holland-Noord and of INSIGHT International which is training and helping build the capacity of the workforce in community mental health centres in Turkey, and enable them to deliver high-quality, evidence-based and person-centred community services. Key deliverables are:</p> <ul style="list-style-type: none">• 21 Turkish Train-the-Trainers (TOT): 15 days of training. This was delivered during this reporting period.• 200 Turkish Mental health professionals (to be delivered un the next reporting period).• 32 Turkish community mental health teams covering a population of aprox. 11,7M people (to be delivered un the next reporting period). <p>2) Driving research & dissemination of good practices in Romania</p> <p>Supporting the Romanian League for Mental Health on implementation of good practices in mental health, focusing on innovative solutions for remote areas and vulnerable groups, in particular:</p> <ul style="list-style-type: none">• Raising awareness among vulnerable adult populations about risk factors, signs and symptoms of mental disorders.• Increasing the mental health resilience of children form vulnerable and at risk groups

		<ul style="list-style-type: none"> Improving access to care for people with mental health problems in remote areas or vulnerable groups. <p>During this reporting period, we have initiated the preparation of the RLMH's International research and development strategy. We have also initiated the preparation of a joint project proposal on rural mental health in Northern Romania.</p> <p>3) Evaluating the mental health services delivered by the WHO Collaborating Centre Lille Metropole, France.</p> <p>Invited by the WHO Collaborating Centre, INSIGHT International has partnered with Maastricht University, School for Mental Health & Neurosciences to design and carry out a comprehensive evaluation of a leading mental health service based Sector 59G21 of EPSM Lille Métropole. The research will seek to:</p> <ul style="list-style-type: none"> Determine whether the model of care and interventions provided are based on evidence or documented good practices Evaluate the functioning of the mental health services by examining implementation, mechanisms of impact and contextual factors Assess the outcome delivered at client, service, population and society level Determine whether this model of care could be scaled up in France, and if so, lessons could be learned. <p>During this reporting period, the research protocol has been drafted. Start date of the research has been delayed due to pandemic, it is now expected to start in the first quarter of 2022.</p> <p>4) Delivering advice & support to the European Community Mental Health Service providers network (EUCOMS) & its 60 members in 27 countries.</p> <p>During this reporting period, the charity:</p> <ul style="list-style-type: none"> Co-hosted EUCOMS' 9th Network meeting on the 11th of June 2020 (which was its first online network event) that addressed <i>Delivering Community Mental Health Care During Covid-19: Innovative Practices & Lessons Learned</i>. Contributed to drafting of EUCOMS' 2021-2024 strategy. Facilitated dialogue on peer support work at the 10th EUCOMS meeting on the 27th of January 2021 which focused on peer support in mental health care. Facilitated working partnerships with leading international organisations and networks. <p>5) Tanzania Mental Health Project- Reaching Those in Need – Collaboration in implementation the National Strategy and its Implementation Plan</p> <p>INSIGHT International team has been invited by the Tanzanian government to provide expert support which will enable the country to meet its national mental health challenges and seek long term, sustainable and innovative solutions.</p> <p>During this reporting period, the charity prepared a draft Memorandum of Understanding with the Tanzanian Ministry of Health.</p>
Statement confirming whether the	Para 1.18	The trustees have had regard to the guidance issued by the Charity Commission on public benefit.

trustees have had regard to the guidance issued by the Charity Commission on public benefit		
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Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	Not applicable.
Policy on social investment including program related investment	Para 1.38	Not applicable.
Contribution made by volunteers	Para 1.38	Not applicable.

Achievements and Performance

	SORP reference	
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.	Para 1.20	<p>During this reporting period, the charity sought to contribute to 5 main strategic objectives emerging from CIO's objects, as follows:</p> <ol style="list-style-type: none"> 1) Contribute to improved access to mental health care through system-based changes <p>As a new charity, INSIGHT has initiated a number of activities which seek to contribute to this objective. In particular, the projects in Romania and Tanzania focus on this objective. During this reporting period this work has just started, with concrete outcomes expected to be delivered in following period.</p> <ol style="list-style-type: none"> 2) Contribute to improved staff competencies through training & capacity building <p>The charity has managed to successfully deliver training to 21 Turkish train the trainers, which enabled them to both:</p> <ul style="list-style-type: none"> • Train a large number of mental health professionals working throughout the country and serving a population of aprox. 11.7million people. • Improve their own clinical work and deliver high-quality, evidence-based and person-centred community services. <p>In addition, the preparations for the project in Tanzania undertaken during this reporting period also relate to building capacity of mental health and related professionals. Outcomes of this work are expected in the following period.</p>

		<p>3) Contribute to improved governance for mental health and integrated health systems</p> <p>The charity has delivered support to EUCOMS which includes the drafting of the network's strategy for the next 4 years. Implementation of this strategy is expected to have a direct positive impact on stimulating the activities of over 60 mental health service providers which are members of EUCOMS. They entail preparation of workplans for each of the 25 countries represented in EUCOMS.</p> <p>In addition, the preparations for the project in Tanzania undertaken during this reporting period also relate to the development and implementation of a national mental health strategy, which will have impact on almost 70% of the population who are living in remote rural areas. With 44% of the 56.3 million population under the age of 14, there is a great need to help children and adolescents build resilience for mental health. Outcomes of this work are expected in the following period.</p> <p>4) Contribute to increased research-generated international base of evidence for good mental health system.</p> <p>The charity has started one project focused on delivering on this objective, namely the evaluation of the mental health services delivered by the WHO Collaborating Centre Lille Metropole, France.</p> <p>EPSM Lille-Métropole is often presented as an example of good practice in community care in France and internationally. While the Centre is conducting various research projects aimed at evaluating the impact it has in the coverage area, to date no external evaluation has been conducted. In this context, EPSM Lille-Métropole has asked INSIGHT International to design and carry out a comprehensive evaluation of its services, which would also address the process of implementation of the EPSM Lille-Métropole model of care.</p> <p>The research, which is expected to start in the first quarter of 2022, will seek to determine whether EPSM Lille-Métropole is a good practice in mental health service provision that delivers measurable outcomes by employing interventions which are based on evidence or documented good practices which can be used as a model at national level in France.</p> <p>5) Contribute to increased prioritisation and investment in good mental health systems and integrated approaches.</p> <p>During this reporting period, the charity initiated engagement with potential donors for the implementation the Tanzanian National Strategy through the Tanzania Mental Health Project Reaching Those in Need. This is still work in progress, with the pandemic having delayed a number of planned fundraising activities for this purpose.</p>
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Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	The charity has met its set objectives on most of its projects, see above details on the deliverables during this reporting period. It is worth noting the swift shift towards online working which allowed the charity to carry out its planned work. In particular, we would like to note the successful delivery on
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		<p>online training to Turkish train-the-trainers. Considering its efficiency and positive outcomes, it is likely that this approach will be employed also post-pandemic in other projects the charity will engage in.</p> <p>Some of its planned activities have however been delayed due to pandemic, namely:</p> <ul style="list-style-type: none"> a) Shaping new models of community-based mental health care in the Swiss canton of Valais. b) Assessment of the mental health services in Morocco, commissioned by WHO EMRO c) Evaluation of the national plan for mental health in Belgium, at the invitation of the Ministry of Health.
Performance of fundraising activities against objectives set	Para 1.41	<p>The charity met its fundraising objectives in relation to 2 of its projects, namely the projects 1 and 2 in described above. However, the emergence of the pandemic led to a delay in securing pre-discussed funding for activities related to 3 projects (a, b and c) mentioned above. The charity will follow up on all these fundraising activities, with the expectation that they can be reactivated in 2022.</p> <p>Preparation of fundraising activities related to the Tanzania Mental Health Project- Reaching Those in Need has also been delayed due to pandemic.</p>
Investment performance against objectives	Para 1.41	Not applicable.

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	<p>The charity has been affected by the emergence of the pandemic which coincided with the start-up of its activities (the charity has been registered on the 2nd of April 2020, just in the beginning of the first wave). The most important difficulty was to open a bank account, while banks refused to take on new clients during this period. Therefore, the charity did not have any financial operations during this reporting period.</p> <p>The lack a bank account limited the ability of the charity to apply for funding, while donors require financial validation of applicants, including of their bank accounts. Consequently, the charity was able to engage financially only in 2 projects:</p> <ul style="list-style-type: none"> 1) Training of Workforce in the framework of 'Social Inclusion for People with Mental Disabilities in Turkey' funded by EU & WHO, and contracted by WHO Country Office in Turkey. <p>For the purposes of the project, the charity is part of a consortium together with the Dutch-based organisation GGZ Noord-Holland-Noord. WHO requires that funding is transferred to only one of the consortium partners, who in turn is required to transfer funds to the other consortium partners. This allowed INSIGHT to be part of the consortium and have its activities contracted with funding while not yet having a bank account.</p>
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		<p>2) Driving research & dissemination of good practices in Romania by supporting the Romanian League for Mental Health</p> <p>The charity was contracted by the Romanian League for Mental Health in the basis of a contract which required that payments are made only upon submission of deliverables, and bank information was expected only at that point.</p> <p>As a new organisation, the charity only has one employee, its CEO appointed by the Board of Trustees, Dr Petrea. The Board has secured an agreement whereby Dr Petrea has been able to deliver its work with payment subject to fundraising, and to the availability of financial operations (i.e. having a bank account to process payments). Once funding is available any salary arrears will be paid as agreed with the CEO. This allowed the charity to be active and conduct its work as reported in this Annual Report despite the financial challenges noted here.</p>
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	Not applicable.
Amount of reserves held	Para 1.22	Not applicable.
Reasons for holding zero reserves	Para 1.22	Due to pandemic, charity was unable to open a bank account during this reporting period, while banks refused to take on new charities as clients during this period.
Details of fund materially in deficit	Para 1.24	Not applicable.
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	<p>Not applicable.</p> <p>Bank account was finally open in March 2021, and the charity started to operate financially (this will be reflected in the next Annual Report)</p>

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	<p>During this period, the activities of the charity have been funded by:</p> <ul style="list-style-type: none"> - World Health Organization, Country Office in Turkey - Romanian League for Mental Health <p>While contracts have been closed during this reporting period with both organisations, due to lack of bank account, no financial operations were conducted during this reporting period.</p>
Investment policy and objectives including any social investment policy adopted	Para 1.46	Not applicable.
A description of the principal		The main risk during this reporting period was posed by the inability to open a bank account during the first period of the

risks facing the charity	Para 1.46	<p>pandemic, which coincided with the first reporting period of the charity, established on the 2nd of April 2020. That was despite making every effort and approaching all the UK based banks. This risk has now been eliminated while the charity has managed to open a bank account with Lloyd Bank.</p> <p>In the upcoming period, the main risk for the charity relates to cashflow. The pandemic enabled the performance of the charity's work online, and reduced significantly any indirect costs and activity costs related to travel. At the same time, it limited the charity's ability to fundraise. Mitigation strategies have been put in place to ensure planned work can be funded through alternative fundraising activities.</p>
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Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	CIO Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	<p>According to Article 10 on "Appointment of charity trustees" of the CIO Constitution,</p> <p>"(a) Apart from the first charity trustees, every appointed trustee must be appointed for a term of four years by a resolution passed at a properly convened meeting of the charity trustees.</p> <p>(b) In selecting individuals for appointment as appointed charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO."</p>

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	<p>According to Article 11 of the CIO Constitution, "The charity trustees will make available to each new charity trustee, on or before his or her first appointment:</p> <p>(a) a copy of the current version of this constitution; and</p> <p>(b) a copy of the CIO's latest Trustees' Annual Report and statement of accounts."</p> <p>In addition, during this reporting period the charity has adopted the following policy documents, which are used for the induction and training of trustees:</p> <ul style="list-style-type: none"> • Code of Conduct and Ethics • Anti - Fraud Policy
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		<ul style="list-style-type: none"> • Conflict of Interest Policy • Data Protection Policy • Risk Management Policy • Volunteer Management Policy • Health and Safety Policy • Safeguarding Vulnerable Beneficiaries Policy • Complaints Handling and Whistleblowing Policy • Gender Equality Plan. • Paying staff.
The charity's organisational structure and any wider network with which the charity works	Para 1.51	<p>The charity is led by its Board of Trustees and managed by its CEO.</p> <p>The team is expected to grow from 1 staff (the CEO) to 5-6 staff over the next 3-4 years.</p> <p>The charity collaborates with key international organizations and maintains close working relationships with government officials, local authorities, researchers, health professionals, leading mental health and academic centers, civil societies, and scientific communities. We also work closely with professional organizations, care associations, and people with lived experience of mental health issues.</p>
Relationship with any related parties	Para 1.51	<p>The charity collaborates with partners and donor agencies to develop locally-led mental health systems, programs, and policies through capacity building, education, and training. Our network spans 35 countries in Europe, Africa, and Asia. Our team has:</p> <ul style="list-style-type: none"> • Long term collaboration and work experience with key international organisations e.g. World Health Organization, the European Commission, OECD. • Established close working relationships with senior government officials, researchers, health professionals & other key stakeholders in over 35 EMEIA countries. • Track record of forging collaborations with leading mental health centres and academic centres. • Collaboration with leading non-state actors e.g. professional organisations, service users and carers associations. • Board Director, co-initiator and founding member of the European Network of Community Mental Health Service Providers (EUCOMS).

Reference and Administrative details

Charity name	INSIGHT International for Mental Health and Integrated Health Systems
Other name the charity uses	-
Registered charity number	1188880
Charity's principal address	THE HOLLY BUSH UPPER BOND STREET HINCKLEY LE10 1RH

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Mohammad Haroon	Chair	For entire reporting period.	The first charity trustee, appointed through the CIO Constitution.
2	Frederick William Saunders		For entire reporting period.	The first charity trustee, appointed through the CIO Constitution.
3	Yasirah Fatimah		As of 19 February 2021	Appointed by the Board of Trustees.

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

Director name		
Not applicable		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	
Not applicable		

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	Not applicable
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	Not applicable

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

Dr Ionela Petrea, CEO

Exemptions from disclosure


Reason for non-disclosure of key personnel details

Not applicable.

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Mohammad Haroon	
Position (eg Secretary, Chair, etc)	Chair	
Date	13/12/2021	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
**INSIGHT International for Mental Health and Integrated
Health Systems**

No (if any)
1188880

CC16a

Receipts and payments accounts


For the period from	02/04/2020	To	13/02/2021
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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					
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	-	-	-	-	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	-	-	-	-	-
A3 Payments					
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
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		-	-	-
		-	-	-
		-	-	-
	Total cash funds	-	-	-
	(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		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets				
			-	-
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use				
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities				
			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval
		Mohammad Haroon	13/12/2021