



**CHARITY COMMISSION**  
FOR ENGLAND AND WALES

## Trustees' Annual Report for the period

From 14.02.2022 Period start date To 13.02.2023 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>As per our strategic plans, the charity seeks to deliver on its set objects by:</p> <ul style="list-style-type: none"><li>• Targeting sustainable system-based reforms of mental health systems;</li><li>• Focusing on supporting system transformations for people with mental health problems in both LMICs and HICs;</li><li>• Engaging with decision makers to enact real change;</li><li>• Providing the best evidence to guide critical decisions for improving mental health and well-being;</li><li>• Undertaking capacity building, education &amp; training;</li><li>• Carrying out implementation research and health service research.</li><li>• Collaborating with partners and donor agencies to develop and sustain locally-led, quality mental health systems, programmes</li></ul>

		<p>and policies.</p> <p>During this reporting period, main activities in relation to the 5 strategic objectives emerging from CIO's objects, are as follows:</p> <ol style="list-style-type: none"> <li>1) Contribute to improved access to mental health care through system-based changes</li> </ol> <ul style="list-style-type: none"> <li>• In June 2022 INSIGHT International was formally appointed by the Tanzanian Ministry of Health as its key international partner for the development &amp; implementation of the new National Mental Health Strategy and co-signed a the Memorandum of Understanding concerning the development and the implementation of the Tanzanian National Mental Health Strategy.</li> <li>• INSIGHT International has initiated the project Tanzania Mental Health – Reaching Those in Need. The overall objective of the project is to deliver a mental health system transformation at national level that is grounded in the new Mental Health Strategy covering all the components of the health system (governance, service delivery, human resources and financing). The end beneficiaries of this project are people with common mental health disorders and those with severe mental health problems who require ongoing treatment and care. There is a particular focus on vulnerable groups (e.g. young people, the elderly, people living under the poverty line, and women). The target groups are expected to benefit from the intervention in the following ways: receiving timely access to appropriate care based on need and which is closer to home, and receive evidence-based care which is appropriate and affordable.</li> <li>• In December 2022, the charity has been awarded a start-up grant from the Serra Foundation (a Dutch-based family foundation focused small-size grants that can catalyse change for new promising initiatives) to support the implementation of the Preliminary Phase of the Project. The scope of the Preparatory Phase of the project was two-fold. First, to conduct a rapid assessment of the Tanzanian mental health system and map the key stakeholders, based on which recommendations for the project were prepared. Second, to deliver a preliminary outline of the new model of mental health care to be initially piloted in one region, which will subsequently be scaled up at</li> </ul>
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		<p>national level. The Preparatory Phase, which entailed a study visit to Tanzania in December 2022, was still ongoing at the end of the reporting period covered by this Trustees' Annual Report.</p> <p>2) Contribute to improved staff competencies through training &amp; capacity building</p> <p>The charity has engaged with key stakeholders in Tanzania to identify the needs for human resources capacity building for mental health, focused on two dimensions:</p> <ul style="list-style-type: none"> <li>• Solutions to tackle the daunting gap in highly specialised resources (Tanzania only has 38 psychiatrists for a population of over 60 million people) – e.g. the recognition for recently initiated alternative degree in psychiatry and re-establishment of its academic and clinical training.</li> <li>• Competencies and skills of other health professionals providing care to people with mental health problems, with focus on transferable skills and competencies.</li> </ul> <p>Preliminary work has been initiated. If successful in securing funding for the Phase 1 of the project (see below) these issues will constitute an important work component in the upcoming period.</p> <p>3) Contribute to improved governance for mental health and integrated health systems</p> <p>The charity has continued to deliver support to European Community based Mental Health Service Providers Network (EUCOMS) on overseeing the implementation of the Network's strategy for the period 2021-2024. This entailed a sustained series of webinars and other collaborative initiatives. Here are a few examples:</p> <ul style="list-style-type: none"> <li>• Webinar on Network Psychiatry</li> <li>• Webinar on Open Dialogue: Experience from 4 Countries: UK, Czech Republic, Netherlands and Estonia</li> <li>• Webinar on Surrounding Countries of Ukraine: Interaction of emergency aid and mental health services</li> <li>• Webinar on Polish Reform on Mental Health</li> </ul> <p>4) Contribute to increased research-</p>
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		<p>generated international base of evidence for good mental health system.</p> <p>The charity staff have continued to contribute scientific articles focused on its core areas of work e.g. Can J Psychiatry article (doi: 10.1177/07067437221078411) on advancing Implementation Science Measurement for Global Mental Health Research.</p> <p>At the same time, we have also continued to provide expert advice to implementation research carried out by the MENSANA project on Mental health system reform in Moldova. Data collection has been conducted during this entire reporting period, and is expected to continue till end 2023, to be followed by scientific articles on findings of the research.</p> <p>Finally, during this reporting period, the initiative on evaluation of the mental health services delivered by the WHO Collaborating Centre Lille Metropole, France has been renewed following delays caused by the pandemic. INSIGHT International has partnered with Maastricht University, School for Mental Health &amp; Neurosciences to design and carry out a comprehensive evaluation of a leading mental health service based Sector 59G21 of EPSM Lille Métropole. The research protocols have been revised, and start date of the evaluation set for April 2023, with the following objectives:</p> <ul style="list-style-type: none"> <li>• Determine whether the model of care and interventions provided are based on evidence or documented good practices</li> <li>• Evaluate the functioning of the mental health services by examining implementation, mechanisms of impact and contextual factors</li> <li>• Assess the outcome delivered at client, service, population and society level</li> <li>• Determine whether this model of care could be scaled up in France, and if so, lessons could be learned.</li> </ul> <p>5) Contribute to increased prioritisation and investment in good mental health systems and integrated approaches.</p> <p>During this reporting period, the charity continued engagement with potential donors for the project Tanzania Mental Health – Reaching Those in Need, focusing on securing funding for the Phase I of the project, following the Preliminary Phase.</p>
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		<p>Work is in progress.</p> <p>In addition, the charity has engaged with other European partners in seeking funding from Horizon Health grants, work on this is in progress.</p>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	This is to confirm that the trustees have had regard to the guidance issued by the Charity Commission on public benefit.

### 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.
Other		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>The main achievements of the charity during this reporting period are as follows.</p> <p>INSIGHT International has signed a Memorandum of Understanding with the Tanzanian Ministry of Health. The objective of this MoU is to promote mental health and wellbeing of the Tanzanian population, as well as the recovery of people experiencing or at risk of experiencing mental health problems. The joint responsibilities assigned by the MOU focus on the following 3 areas of priority:</p> <ol style="list-style-type: none"> <li>1. The development of the Tanzanian National Strategy for Mental Health and the preparation of its Implementation Plan</li> <li>2. Delivering implementation of these policy</li> </ol>

		<p>documents once adopted by the Tanzanian MoH.</p> <p>3. Conducting monitoring and evaluation of the implementation.</p> <p>The charity will work together with key stakeholders in Tanzania and local communities to transform the mental health system, tackle the current challenges and seek long term, sustainable and innovative solutions.</p> <p>In addition, the charity continued to contribute to make a difference with and for people who experience severe and enduring mental ill health through facilitation of mutual learning and support among mental health service provider organisations across different European countries members or collaborators of EUCOMS.</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	
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		

## Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	At the end of reporting period the charity was in a position to cover the costs of the worked entailed by its activities, with no outstanding financial debts/liabilities.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	Insight International's Reserves Policy states that money from unrestricted balances, which are not invested in fixed assets, are allocated to several designated funds. These funds are: 1) Continuity Fund; 2) Restructuring Fund; 3) Cyclical Maintenance Fund; 4) Dissolution Fund. Any reserves held are for the purpose of serving the objects of the foundation.
Amount of reserves held	Para 1.22	Zero
Reasons for holding zero reserves	Para 1.22	All funds secured are allocated towards the activities the charity.
Details of fund materially in deficit	Para 1.24	No deficit.
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	None.

### 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	
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	The charity is dependent on securing funds for its current activities. While active fundraising has been conducted, at the end of this reporting cycle, the charity does not have yet long term securities.
Other		

## 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	According to Art 10 on <i>Appointment of charity trustees</i> of the CIO Constitution (1) Appointed charity trustees (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. (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.

### 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	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	Memorandum of Understanding with the Ministry of Health of Tanzania Concerning the development and implementation of the Tanzanian National Mental Health Strategy.
Other		

## 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		For entire reporting period	Appointed by the Board of Trustees.
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## 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	Not applicable.
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.

### Additional information (optional)

#### Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
Scientific Advisory Board	Prof Rutger Engels	

#### 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.

## Other optional information


Not applicable.

## Declarations

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

Signed on behalf of the charity's trustees

Signature(s)

	
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Full name(s)

Mohammad Haroon

Position (eg Secretary,  
Chair, etc)

Chair

Date

02.12.2023