



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 14.02.2023 Period start date To 13.02.2024 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>The charity had limited activities in this reporting period due to personnel changes (departure of the CEO as of end February 2023, i.e. 2 weeks after the beginning of this reporting period) and no new resources secured by the charity.</p> <p>As per our strategic plans, the charity sought to deliver on its set objects by:</p> <ul style="list-style-type: none">• Targeting sustainable system-based reforms of mental health systems;• Focusing on supporting system transformations for people with mental health problems in both LMICs and HICs;• Engaging with decision makers to enact real change;• Providing the best evidence to guide critical decisions for improving mental health and well-being;• Undertaking capacity building, education & training;• Carrying out implementation research and

		<p>health service research.</p> <ul style="list-style-type: none"> • Collaborating with partners and donor agencies to develop and sustain locally-led, quality mental health systems, programmes and policies. <p>During this reporting period, main activities in relation to the 5 strategic objectives emerging from CIO's objects, were as follows:</p> <ol style="list-style-type: none"> 1) Contribute to improved access to mental health care through system-based changes <p>Following up on the work in previous reporting period on the planned project Tanzania Mental Health – Reaching Those in Need, the charity completed the work delivering on the 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 assessment report has been produced and successfully submitted to the Serra Foundation.</p> <ol style="list-style-type: none"> 2) Contribute to improved staff competencies through training & capacity building <p>No additional work was conducted in this area.</p> <ol style="list-style-type: none"> 3) Contribute to improved governance for mental health and integrated health systems <p>No additional work was conducted in this area.</p> <ol style="list-style-type: none"> 4) Contribute to increased research-generated international base of evidence for good mental health system. <p>No additional work was conducted in this area.</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	
	Para 1.38	Not applicable.

Policy on grant making		
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	The main achievement of the charity during this reporting period has been the finalisation and successful submission of the report of the rapid assessment of the Tanzanian mental health system.

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 all its running costs, 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 activities. While active fundraising has been conducted, at the end of this reporting cycle, the charity did not have new financial resources to continue its activities.
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	
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

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

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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

13.12.2024