

MENTAL HEALTH - TIME FOR ACTION FOUNDATION

England & Wales · Charity number 1191319

Details

Status Registered

Legal form CIO

Registered 2020-09-16

Register [View on the Charity Commission register](#)

Contact

Address 16 Seven Oaks Crescent
Bramcote
Nottingham
NG9 3FW

Phone 07824510308

Email mhtimeforaction1@gmail.com

Website <https://mentalhealthtimeforaction.org/>

Activities

Objects: THE OBJECT OF THE CIO IS TO PROMOTE AND PROTECT MENTAL HEALTH AND THE RELIEF OF THOSE SUFFERING FROM MENTAL ILLNESS; IN PARTICULAR, BUT NOT EXCLUSIVELY BY: • THE PROVISION OF GRANTS AND FUNDING FOR THE TREATMENT • THE ADVANCEMENT OF EDUCATION OF THE PUBLIC INTO THE CAUSES AND TREATMENT OF MENTAL ILLNESS, INCLUDING UNDERTAKING RESEARCH FOR THE PUBLIC BENEFIT AND THE PUBLICATION OF THE USEFUL RESULTS THEREFORE • THE PROVISION OF INFORMATION TO THE PUBLIC ABOUT THE SERVICES AVAILABLE IN RELATION TO MENTAL HEALTH

Activities: To campaign for fully funded NHS mental health services that prioritise early intervention and continuity of care. To support the implementation of the Peer Support Open Dialogue approach recently trialled across NHS England. To offer regular online training opportunities in Compassionate and Relational Listening (CARL) for health professionals, patients, carers and members of the wider public

Classification

- **How:** Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** The General Public/mankind

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-01	£823	£1,125	-	-
2024-04-01	£1,484	£886	-	-
2023-04-01	£380	£683	-	-
2022-04-01	£386	£0	-	-
2021-04-01	£386	£0	-	-

Trustees

Name	Role	Appointed
Rachel Margaret Baker Bannister	Chair	2020-02-16
Caroline Bald		2020-09-16
Dr Alexander Sergeev Serafimov PhD		2020-02-16
Dr Colin Bannister PhD		2020-02-16
Naomi Jane Borseth Rasmussen MA		2020-02-20

MENTAL HEALTH - TIME FOR ACTION FOUNDATION

England & Wales - Charity number 1191319

Accounts



Trustees' Annual Report for the period

From 1/4/2024 **Period start date To** 31/3/2025
Period end date

Charity name: Mental Health – Time for Action Foundation

Charity registration number: 1191319

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The provision of grants and funding for the treatment of mental illness. The advancement of education of the public into the causes and treatment of mental illness, including undertaking research for the public benefit and the publication of results of this research. The provision of information to the public about the services available in relation to 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	<ul style="list-style-type: none"> • Collaboration with James Lind Alliance re. Addiction Healthcare Goals April 2024 • Health Pitch event BEAM Editions Nottingham - musical theatrical operatic evening August 2024 • Co-applicant in Development Grant Application ODESSI Trial September 2024 • Presentation RCPsych Annual Conference Belfast - Rachel Bannister experiences of Peer Supported Open Dialogue (POD) October 2024 • CARL Training online with Professor Russell Razzaque 29th November 2024 • Project Partner in fellowship application for Prof Abbas Edalat December 2024 Self-Attachment Theory (SAT) • Chair filming for North East London Foundation Trust (NELFT) re. Open Dialogue December 6 2024 • Meeting with Prof Mike Slade Recovery and Social Inclusion University of Nottingham December 19 2024 • The Telegraph article re. Gov abandoning Mental Health Investment Standard (MHIS) Nov 22 2024 • December 2 2024 Don't Abandon Mental Health (DAMH) Campaign launch • Meeting with Lilian Greenwood MP Nottingham South January 17 2025

		<ul style="list-style-type: none"> Children and Young People Roundtable on Out of Area Placements RCPsych and MHN January 30 2025 March 19 2025 Open Dialogue in Schools (ODiSC) First Meeting including Sarah Wheelan (Korowal School Australia)
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	It is confirmed that the trustees of MHTFAF have had regard to the guidance issued by the Charity Commission on public benefit: https://www.gov.uk/government/publications/public-benefit-an-overview

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	
Other		

Achievements and Performance

	SORP reference	

<p>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.</p>	<p>Para 1.20</p>	<p>The chair presented at the RCPsych Annual Conference in Belfast, October 2024: 'Experiences of Peer Supported Open Dialogue (POD)'</p> <p>The charity has organised the latest training session for Compassionate and Relational Listening (CARL), ensuring wider knowledge and expertise in this important technique, helping to improve the quality of mental health services in the UK.</p>
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Additional information (optional)

You may choose to include further statements where relevant about:

<p>Achievements against objectives set</p>	<p>Para 1.41</p>	
<p>Performance of fundraising activities against objectives set</p>	<p>Para 1.41</p>	
<p>Investment performance against objectives</p>	<p>Para 1.41</p>	
<p>Other</p>		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	On March 31 st 2025, MHTFAF had £570 in the charity's account, obtained from miscellaneous donations and from organising a training session for Compassionate and Relational Listening (CARL).
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	MHTFAF has no policy for holding reserves
Amount of reserves held	Para 1.22	£ 0
Reasons for holding zero reserves	Para 1.22	MHTFAF currently has no fixed costs or liabilities that would require reserves to be held.
Details of fund materially in deficit	Para 1.24	N/A
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	N/A

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	
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	Any new trustees will be appointed on unanimous agreement of existing trustees.

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	
Other name the charity uses	
Registered charity number	
Charity's principal address	

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	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

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)		

Exemptions from disclosure

Reason for non-disclosure of key personnel details


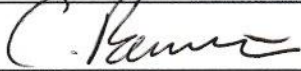
Other optional information

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)

Rachel Bannister	Colin Bannister
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Position (eg
Secretary, Chair, etc)

Chair	Treasurer
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Date

12/1/2026

MENTAL HEALTH – TIME FOR ACTION FOUNDATION:

ACCOUNTS FOR YEAR ENDING 31ST MARCH 2025

Receipts and Payments account: 1st April 2024 to 31st March 2025

<u>Receipts</u>	General Fund £ 2024/25	Total £	Last Year £ 2023/24
Miscellaneous Donations	19	19	4
Compassionate and Relational Listening (CARL) Training	804	804	1480
TOTAL RECEIPTS	823	823	1484
<u>Payments</u>			
Charity Expenses	1125	1125	886
TOTAL PAYMENTS	1125	1125	886
NET RECEIPTS LESS PAYMENTS	-302	-302	598
CASH FUNDS THIS YEAR END	570	570	872

Statement of assets and liabilities on 31st March 2025

	31 st March 2025 £
<u>Monetary Assets</u>	
Cash in Bank	
Current Account – Lloyds Bank	570
TOTAL MONETARY ASSETS	570
<u>Represented by Funds</u>	
General Fund	570
TOTAL FUNDS	570
Non-Monetary Assets and Liabilities	0
TOTAL NON-MONETARY ASSETS	0

These accounts were approved by the Trustees on 12/1/2026 and signed on their behalf by

Rachel Bannister – Chair



Colin Bannister – Treasurer



Notes to the Accounts

These accounts cover the period from 1st April 2024 to end of last financial year on 31st March 2025

The CIO has a single 'general' fund, and the money in this is from individual donations, and from a training event organised by the charity. The training was for 'Compassionate and Relational Listening (CARL)' Training on 29/11/2024. There have been a number of payments from the account covering charity expenses, including website hosting and expenses for the chair to attend conferences and networking events to further the work of the charity.

MENTAL HEALTH - TIME FOR ACTION FOUNDATION

England & Wales - Charity number 1191319

Accounts



Trustees' Annual Report for the period

From 1/4/2023
Period end date

Period start date To

31/3/2024

Charity name: **Mental Health – Time for Action Foundation**

Charity registration number: **1191319**

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The provision of grants and funding for the treatment of mental illness. The advancement of education of the public into the causes and treatment of mental illness, including undertaking research for the public benefit and the publication of results of this research. The provision of information to the public about the services available in relation to 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	<ul style="list-style-type: none">• Meeting with SHS re joint conference 12th May 2023• CARL Training online with Professor Russell Razzaque 20th June 2023• RCPsych International Congress July 2023 Chair (Networking/Pledges received)• Relational Practice Conference 7th July 2023• Peer Supported Open Dialogue (POD) Training Cambridge 11-15th September 2023• Anthropological Study of Peer Supported Open Dialogue (APOD) Conference, London 18th September 2023• Pakistani Embassy London for World Mental Health Day 7th October 2023 - Chair• CARL Training online with Professor Russell Razzaque 30th November 2023• Parliament speech at APPG Eating Disorders 5th December 2023• Co-applicant in NHSE Bid for delivering training in inpatient mental health units January 2024
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	It is confirmed that the trustees of MHTFAF have had regard to the guidance issued by the Charity Commission on public benefit: https://www.gov.uk/government/publications/public-benefit-an-overview

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	
Other		

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 charity has organised 2 training sessions for Compassionate and Relational Listening (CARL), ensuring wider knowledge and expertise in this important technique, helping to improve the quality of mental health services in the UK.

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	On March 31 st 2024, MHTFAF had £872 in the charity's account, obtained from miscellaneous donations and from organising 2 training sessions for Compassionate and Relational Listening (CARL).
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	MHTFAF has no policy for holding reserves
Amount of reserves held	Para 1.22	£ 0
Reasons for holding zero reserves	Para 1.22	MHTFAF currently has no fixed costs or liabilities that would require reserves to be held.
Details of fund materially in deficit	Para 1.24	N/A
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	N/A

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	
Other		

Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	•
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	Any new trustees will be appointed on unanimous agreement of existing trustees.

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	
Other name the charity uses	
Registered charity number	
Charity's principal address	

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	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

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)		

Exemptions from disclosure

Reason for non-disclosure of key personnel details

Other optional information

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)

Position (eg Secretary, Chair, etc)

Date

MENTAL HEALTH – TIME FOR ACTION FOUNDATION:

ACCOUNTS FOR YEAR ENDING 31st MARCH 2024

Receipts and Payments account: 1st April 2023 to 31st March 2024

<u>Receipts</u>	General Fund £ 2023/24	Total £	Last Year £ 2022/23
Miscellaneous Donations	4	4	380
Compassionate and Relational Listening (CARL) Training	1480	1480	N/A
TOTAL RECEIPTS	1484	1484	380
<u>Payments</u>			
Charity Expenses	886	886	683
TOTAL PAYMENTS	886	886	683
NET RECEIPTS LESS PAYMENTS	598	598	-303
CASH FUNDS THIS YEAR END	872	872	274

Statement of assets and liabilities on 31st March 2024

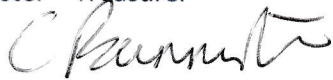
	31 st March 2024 £
<u>Monetary Assets</u>	
Cash in Bank	
Current Account – Lloyds Bank	872
TOTAL MONETARY ASSETS	872
<u>Represented by Funds</u>	
General Fund	872
TOTAL FUNDS	872
Non-Monetary Assets and Liabilities	0
TOTAL NON-MONETARY ASSETS	0

These accounts were approved by the Trustees on 11/1/2024 and signed on their behalf by

Rachel Bannister – Chair



Colin Bannister – Treasurer



Notes to the Accounts

These accounts cover the period from 1st April 2023 to end of last financial year on 31st March 2024

The CIO has a single 'general' fund, and the money in this is from individual donations, and from 2 training events organised by the charity. These were for 'Compassionate and Relational Listening (CARL)' Training on 20/6/2023 and 30/11/2023. There have been a number of payments from the account covering charity expenses, including website hosting, printing, and expenses for the chair to attend conferences and networking events to further the work of the charity.

MENTAL HEALTH - TIME FOR ACTION FOUNDATION

England & Wales - Charity number 1191319

Accounts



Trustees' Annual Report for the period

**From 1/4/2022
Period end date**

Period start date To

31/3/2023

Charity name: Mental Health – Time for Action Foundation

Charity registration number: 1191319

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The provision of grants and funding for the treatment of mental illness. The advancement of education of the public into the causes and treatment of mental illness, including undertaking research for the public benefit and the publication of results of this research. The provision of information to the public about the services available in relation to 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	<ul style="list-style-type: none"> * SAT Trial Abbas Edalat April 2022 * Just Treatment Campaign call - Chair spoke of her experiences of MH Services 26th April 2022 * Follow up meeting with Just Treatment re. Collaborating on a Youth MH campaign * Presentation to RCPsych Council on Open Dialogue July 2022 * Open Dialogue Champions Zoom 19th May 2022 * Derbyshire NHS Foundation Trust - Open Dialogue September 2022 * BBC Breakfast Live interview - Chair Rachel Bannister 9th August 2022 * Sky News interview - Crisis in MH Services 14/08/22 Chair Rachel Bannister * Mental Health Hero Awards - Patron Dr. Ahmed Hankir 22nd November 2022 * Filming for MH Awards (Chair) August 2022 * Safely Held Spaces (SHS) Zoom Joanna Monaghan - re. Collaboration on future conference April 2022 * Media Training April 2022 Chair * Soteria House event London 28th January 2023 Chair/Treasurer/Trustee Dr Alex Serafimov * Meeting with Peter Tatchell and Nadia Whitome London - MHTFA Pledges 9th April 2023 * Meeting with Professor Russell Razaque re. Organising a Compassionate and Relational Listening (CARL) online training event - Chair/Treasurer/Trustees January 2023 * MHTFA meeting with all Trustees re. Collaborating with Russell and Campaign for

		Compassionate and Relational Mental Health Service (CCARMHS) – 3/3/2023
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	It is confirmed that the trustees of MHTFAF have had regard to the guidance issued by the Charity Commission on public benefit: https://www.gov.uk/government/publications/public-benefit-an-overview

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	
Other		

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	MHTFAF has continued to work for better mental health services, discussing relevant issues in media interviews, and also with professionals involved in mental health treatment, and with other organisations that offer support in mental health. Further progress has been made in promoting the use of Open Dialogue and Self-Attachment Theory (SAT) in the treatment of mental health issues.

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	On March 31 st 2023, MHTFAF had £274 in the charity's account, obtained from miscellaneous donations.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	MHTFAF has no policy for holding reserves
Amount of reserves held	Para 1.22	£ 0
Reasons for holding zero reserves	Para 1.22	MHTFAF currently has no fixed costs or liabilities that would require reserves to be held.
Details of fund materially in deficit	Para 1.24	N/A
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	N/A

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	
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	Any new trustees will be appointed on unanimous agreement of existing trustees.

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	
Other name the charity uses	
Registered charity number	
Charity's principal address	

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	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

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)			

Exemptions from disclosure

Reason for non-disclosure of key personnel details

Other optional information

Declarations

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

Signed on behalf of the charity's trustees

Signature(s)	<i>rbannister</i>	<i>C. Bannister</i>
Full name(s)	Rachel Bannister	Colin Bannister
Position (eg Secretary, Chair, etc)	Chair	Treasurer
Date	21/1/2024	

MENTAL HEALTH – TIME FOR ACTION FOUNDATION:

ACCOUNTS FOR YEAR ENDING 31st MARCH 2023

Receipts and Payments account: 1st April 2022 to 31st March 2023

<u>Receipts</u>	General Fund £ 2022/23	Total £	Last Year £ 2021/22
Miscellaneous	380	380	191
Donations			
TOTAL RECEIPTS	380	380	191
<u>Payments</u>			
Charity Expenses	683	683	0
TOTAL PAYMENTS	683	683	0
NET RECEIPTS LESS PAYMENTS	-303	-303	191
CASH FUNDS THIS YEAR END	274	274	577

Statement of assets and liabilities on 31st March 2023

	31 st March 2023 £
<u>Monetary Assets</u>	
Cash in Bank	
Current Account – Lloyds Bank	274
TOTAL MONETARY ASSETS	274
<u>Represented by Funds</u>	
General Fund	274
TOTAL FUNDS	274
Non-Monetary Assets and Liabilities	0
TOTAL NON-MONETARY ASSETS	0

These accounts were approved by the Trustees on 21/1/2023 and signed on their behalf by

Rachel Bannister – Chair



Colin Bannister – Treasurer



Notes to the Accounts

These accounts cover the period from 1st April 2022 to end of last financial year on 31st March 2023

The CIO has a single 'general' fund, and the money in this is from individual donations. There have been a number of payments from the account covering charity expenses, including website hosting, printing, and expenses for the chair to attend events to further the work of MHTFAP, including 'who cares wins' awards and 'They Died Waiting' book launch.

MENTAL HEALTH - TIME FOR ACTION FOUNDATION

England & Wales - Charity number 1191319

Accounts



Trustees' Annual Report for the period

From 1/4/2021
Period end date

Period start date To

31/3/2022

Charity name: Mental Health – Time for Action Foundation

Charity registration number: 1191319

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The provision of grants and funding for the treatment of mental illness. The advancement of education of the public into the causes and treatment of mental illness, including undertaking research for the public benefit and the publication of results of this research. The provision of information to the public about the services available in relation to 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	<ul style="list-style-type: none">• Chair met with Professor Russell Razzaque to discuss Open Dialogue Trial NHSE and to plan presentation to RCPsych Council April 2021• Met with politicians and received MHTFA pledges London 26th June 2021 (Chair)• Chair Rachel Bannister joined rally outside Downing Street in support of a Statutory Public Inquiry into Essex MH Services Made speech 7th July 2021• Published Statement in support of Statutory Public Inquiry on website 5th July 2021• Chair met with solicitors Hodge Jones and Allen who are supporting the families calling for Statutory Inquiry to discuss ways we can support campaign 4th August 2021• Published Open Letter to Gillian Keegan (Mental Health Minister) in support of call for Statutory Inquiry with co-signatures including Dr Ahmed Hankir, Sean Fletcher, Julie Hesmondhalgh, Peter Tatchell September 2021• Mental Health Awareness Day 10th October 2021 Pakistani Embassy London (Chair) MHTFA Pledges• Chair had article published in BMJ Underfunded Mental Healthcare 5th November 2021• Chair met with Professor Abbas Edalat to discuss therapy model Self-Attachment Theory (SAT) March 2022

		<ul style="list-style-type: none"> • Chair joined Just Treatment Campaign Meeting – discussion re. a MH joint campaign March 22nd 2022 • RCPsych General Adult Faculty Spring Conference – Chair lead session on Trauma Therapy and spoke to delegates about the charity 23rd March 2022
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	<p>It is confirmed that the trustees of MHTFAF have had regard to the guidance issued by the Charity Commission on public benefit:</p> <p>https://www.gov.uk/government/publications/public-benefit-an-overview</p>

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	
Other		

Achievements and Performance

	SORP reference	

<p>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.</p>	<p>Para 1.20</p>	<p>Progress has been made in promoting the use of Open Dialogue and Self-Attachment Theory (SAT) in the treatment of mental health issues. These techniques offer a patient centric, holistic approach, ensuring continuity of care, and potentially a substantial improvement in treatment outcomes.</p>
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Additional information (optional)

You may choose to include further statements where relevant about:

<p>Achievements against objectives set</p>	<p>Para 1.41</p>	
<p>Performance of fundraising activities against objectives set</p>	<p>Para 1.41</p>	
<p>Investment performance against objectives</p>	<p>Para 1.41</p>	
<p>Other</p>		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	On March 31 st 2022, MHTFAF had £577 in the charity's account, obtained from miscellaneous donations.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	MHTFAF has no policy for holding reserves
Amount of reserves held	Para 1.22	£ 0
Reasons for holding zero reserves	Para 1.22	MHTFAF currently has no fixed costs or liabilities that would require reserves to be held.
Details of fund materially in deficit	Para 1.24	N/A
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	N/A

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	
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	Any new trustees will be appointed on unanimous agreement of existing trustees.

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	
Other name the charity uses	
Registered charity number	
Charity's principal address	

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	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

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)		

Exemptions from disclosure

Reason for non-disclosure of key personnel details

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Other optional information

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Declarations

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

Signed on behalf of the charity's trustees

Signature(s)

<i>Rachel Bannister</i>	<i>Colin Bannister</i>
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Full name(s)

Rachel Bannister	Colin Bannister
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Position (eg
Secretary, Chair, etc)

Chair	Treasurer
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Date

30/1/2023

MENTAL HEALTH – TIME FOR ACTION FOUNDATION:

ACCOUNTS FOR YEAR ENDING 31ST MARCH 2022

Receipts and Payments account: 1st April 2021 to 31st March 2022

<u>Receipts</u>	General Fund £ 2021/22	Total £	Last Year £ 2020/21
Miscellaneous Donations	191	191	386
TOTAL RECEIPTS	191	191	386
<u>Payments</u>			
TOTAL PAYMENTS	0	0	0
NET RECEIPTS LESS PAYMENTS	191	191	386
CASH FUNDS THIS YEAR END	577	577	386

Statement of assets and liabilities on 31st March 2022

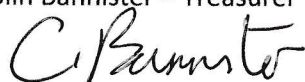
	31 st March 2022 £
<u>Monetary Assets</u>	
Cash in Bank	
Current Account – Lloyds Bank	577
TOTAL MONETARY ASSETS	577
<u>Represented by Funds</u>	
General Fund	577
TOTAL FUNDS	577
Non-Monetary Assets and Liabilities	0
TOTAL NON-MONETARY ASSETS	0

These accounts were approved by the Trustees on 30/1/2023 and signed on their behalf by

Rachel Bannister – Chair



Colin Bannister – Treasurer



Notes to the Accounts

These accounts cover the period from 1st April 2021 to end of last financial year on 31st March 2022

The CIO has a single 'general' fund, and the money in this is from individual donations. There have been no payments from the charity in the period covered by this report.

MENTAL HEALTH - TIME FOR ACTION FOUNDATION

England & Wales - Charity number 1191319

Accounts



Trustees' Annual Report for the period

From 16/9/2020 Period start date To 1/4/2021
Period end date

Charity name: **Mental Health – Time for Action Foundation**

Charity registration number: **1191319**

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The provision of grants and funding for the treatment of mental illness. The advancement of education of the public into the causes and treatment of mental illness, including undertaking research for the public benefit and the publication of results of this research. The provision of information to the public about the services available in relation to 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>Mental Health – Time for Action was established in 2018 as a group to campaign for better Mental Health services in the UK. Amongst other activities, it organised a conference at The University of Nottingham in May 2018, and jointly organised another conference at the Royal Free Hospital, London in September 2019. Details of these events are on the charity website: https://mentalhealthtimeforaction.org/</p> <p>In 2020 the campaign group applied for charitable status to enhance the ability of the organisation to work for the public benefit. This includes the ability to raise funds to support its work, and enable treatment of people via partner organisations with relevant expertise. Charitable status was granted on September 16th 2020.</p> <p>The main activities from granting of charitable status up to the end of the reporting year (April 1st 2021) are:</p> <ul style="list-style-type: none">• 10/10/2020 - World Mental Health Awareness Day. MHTFAF announces its status via social media, and press releases. Rachel Bannister interviewed on BBC Radio Nottingham, and for East Midlands Today.• 11/02/2021 - MHTFAF hosts launch of 'He Died Waiting' by Caroline Aldridge. Launch

		of fundraising initiative in conjunction with IMARA (£42000 to treat 10 people). MHTFAF has also used its website and social media to raise awareness of mental health issues, and support related causes for the public benefit.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	It is confirmed that the trustees of MHTFAF have had regard to the guidance issued by the Charity Commission on public benefit: https://www.gov.uk/government/publications/public-benefit-an-overview

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	
Other		

Achievements and Performance

	SORP reference	
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<p>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.</p>	<p>Para 1.20</p>	<p>MHTFAF has used its website and social media to raise awareness of mental health issues, and support related causes for the public benefit. It has also started to raise money to fund treatment of trauma, in association with partner charity IMARA. Additionally there has been a page added to the website with links to self-help pages and information on how to write a Safety Plan (suicide prevention)</p>
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Additional information (optional)

You may choose to include further statements where relevant about:

<p>Achievements against objectives set</p>	<p>Para 1.41</p>	
<p>Performance of fundraising activities against objectives set</p>	<p>Para 1.41</p>	
<p>Investment performance against objectives</p>	<p>Para 1.41</p>	
<p>Other</p>		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	On April 1 st 2021, MHTFAF had £386 in the charity's account, obtained from miscellaneous donations.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	MHTFAF has no policy for holding reserves
Amount of reserves held	Para 1.22	£ 0
Reasons for holding zero reserves	Para 1.22	MHTFAF currently has no fixed costs or liabilities that would require reserves to be held.
Details of fund materially in deficit	Para 1.24	N/A
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	N/A

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	
Other		

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Type of governing document (trust deed, royal charter)	Para 1.25	CIO constitution
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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	Any new trustees will be appointed on unanimous agreement of existing trustees.

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	
Other name the charity uses	
Registered charity number	
Charity's principal address	

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	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

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)		

Exemptions from disclosure

Reason for non-disclosure of key personnel details

Other optional information

Declarations

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

Signed on behalf of the charity's trustees

Signature(s)

<i>R Bannister</i>	<i>C Bannister</i>
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Full name(s)

Rachel Bannister	Colin Bannister
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Position (eg
Secretary, Chair, etc)

Chair	Treasurer
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Date

31/1/2022

MENTAL HEALTH – TIME FOR ACTION FOUNDATION:

ACCOUNTS FOR YEAR ENDING 31st MARCH 2021

Receipts and Payments account: 16th September 2020 to 31st March 2021

<u>Receipts</u>	General Fund	Total
	£	£
Miscellaneous Donations	386	386
TOTAL RECEIPTS	386	386
<u>Payments</u>		
TOTAL PAYMENTS	0	0
NET RECEIPTS LESS PAYMENTS	386	386
CASH FUNDS THIS YEAR END	386	386

Statement of assets and liabilities on 31st March 2021

	31 st March 2021
<u>Monetary Assets</u>	£
Cash in Bank	
Current Account – Lloyds Bank	386
TOTAL MONETARY ASSETS	386
<u>Represented by Funds</u>	
General Fund	386
TOTAL FUNDS	386
Non-Monetary Assets and Liabilities	0
TOTAL NON-MONETARY ASSETS	0

These accounts were approved by the Trustees on 31/1/2022 and signed on their behalf by

Rachel Bannister – Chair



Colin Bannister – Treasurer



Notes to the Accounts

This is the first accounts returned by Mental Health – Time for Action Foundation, and cover the period from achievement of charitable status on 16th September 2020 to end of last financial year on 31st March 2021

The CIO has a single 'general' fund, and the money in this is from individual donations, mainly from the charity's 'Just Giving' webpage. There have been no payments from the charity in the period covered by this report.