



CHARITY COMMISSION
FOR ENGLAND AND WALES

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 Razzaque 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	

[illegible]

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

[illegible]

Name of trustees holding title to property belonging to the charity

[illegible]

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>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	Total	Last Year
	£	£	£
	2022/23		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.