



CHARITY COMMISSION
FOR ENGLAND AND WALES

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

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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>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

19/1/2025

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.