



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 1/4/2024
Period end date

Period start date To

31/3/2025

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	<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	
--	----------------	--

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 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>
---	-----------	---

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 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	

[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

--


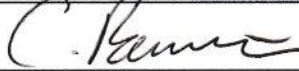
Other optional information

--

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)	Rachel Bannister	Colin Bannister
--------------	------------------	-----------------

Position (eg Secretary, Chair, etc)	Chair	Treasurer
-------------------------------------	-------	-----------

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

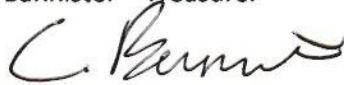
	31 st March 2025 £
<u>Monetary Assets</u>	
Cash in Bank	
Current Account – Lloyds Bank	570
TOTAL MONETARY ASSETS	570
<u>Represented by Funds</u>	
General Fund	570
TOTAL FUNDS	570
Non-Monetary Assets and Liabilities	0
TOTAL NON-MONETARY ASSETS	0

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.