

SANCTUARY MENTAL HEALTH SOCIETY

England & Wales · Charity number 1191490

Details

Other names SANCTUARY MENTAL HEALTH MINISTRIES

Status Registered

Legal form Charitable company

Company number [12594940](#)

Registered 2020-09-28

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

Contact

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Barn 8
Dunston Business Village
Stafford Road
Dunston
Staffordshire
ST18 9AB

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Website www.sanctuarymentalhealth.org/uk

Activities

Objects: THE PROMOTION AND PRESERVATION OF MENTAL HEALTH FOR THE PUBLIC BENEFIT THROUGH THE PROVISION OF EDUCATION, ADVOCACY, SUPPORT AND PRACTICAL ADVICE BY CHURCHES IN THE UK IN ACCORDANCE WITH AGREED CHRISTIAN PRINCIPLES.

Activities: Sanctuary delivers training online and in person, and offers free downloadable resources for leaders and members. All material is developed with mental health professionals, church leaders, and people with lived experience. Resources and training help grow wellbeing awareness and build communities where individuals with mental health challenges feel safe, supported and a sense of belonging.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, 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
2025-05-31	£42,694	£66,444	-	-
2024-05-31	£79,473	£104,051	-	-
2023-05-31	£103,382	£83,394	-	-
2022-05-31	£121,730	£91,428	-	-
2021-05-31	£64,590	£42,553	-	-

Trustees

Name	Role	Appointed
David Noel Genn	Chair	2021-11-11
ELEANOR JOHNSON		2020-05-11
Farayi Nyakubaya		2024-05-11
Ian Robert Mayer		2025-07-24
Mark Scott Nash		2020-04-01
Sarah Louise Hindley		2024-05-11

SANCTUARY MENTAL HEALTH SOCIETY

England & Wales - Charity number 1191490

Accounts



SANCTUARY
Mental Health Ministries

ANNUAL REPORT AND FINANCIAL STATEMENTS

Sanctuary Mental Health Society
31st May 2025

Operating as Sanctuary UK.

Charity registration in England and Wales: 1191490. Company number: 12594940.



CONTENTS

Reference and Administrative Information.....	3
Trustees' Overview.....	5
Objectives and Public Benefit.....	5
Mission, Vision, and Values.....	5
Our Impact.....	6
Strategic Development and Future Plans.....	8
Financial Review.....	9
Reserves Policy.....	9
Principal Risks and Uncertainties.....	9
Structure, Governance, and Management.....	9
Statement of Trustees' Responsibilities.....	10
Independent Examiner's Report.....	11
Statement of Financial Activities.....	12
Balance Sheet.....	13
Notes to the Financial Statements.....	14



REFERENCE AND ADMINISTRATIVE INFORMATION

Sanctuary Mental Health Society
(Operating as Sanctuary UK)

Trustees' Annual Report
For the year ended 31 May 2025

Reference and Administrative Details

Charity name: Sanctuary Mental Health Society

Operating name: Sanctuary UK

Charity number: 1191490

Company number: 12594940

Registered office:

7a, Barn 8, Dunston Business Village
Stafford Road
Dunston
Staffordshire
ST18 9AB

Board of Trustees:

David Noel Genn (Chair)
David Colin Logan
Eleanor Johnson
Farayi Nyakubaya
Mark Scott Nash
Sarah Hindley

The trustees in office during the reporting period are set out above. There were no changes to the composition of the Board during the year. During the period, one trustee was appointed to the role of Chair. All trustees are also members of the charity.

UK Director:

Corin Pilling (until 8th February 2025)
Sara Taylor (from 14th April 2025)

Independent Examiner:

Neil Atherton FCMA CGMA CIMA
Rosemount
Garden Close Lane
Newbury
RG14 6PR



Small Company Rules

This report has been prepared in accordance with the special provisions relating to companies subject to the small companies regime within Part 15 of the Companies Act 2006.

The trustees' report was approved by the board of trustees and signed on its behalf by:



M Nash

Trustee

27/03/2026

TRUSTEES' OVERVIEW

The year to 31 May 2025 was one of transition and consolidation for Sanctuary UK. In early February 2025, the UK Director, Corin Pilling, stepped down from his role. The Trustees assumed interim operational oversight to ensure continuity of governance, safeguarding and programme delivery.

In mid-April 2025, Sara Taylor was appointed as UK Director. The Trustees and Director are aligned in strengthening the charity's long-term sustainability and clarifying its strategic direction within the UK context.

Despite reduced operational capacity during the transition, the charity remained focused on equipping churches with accessible, high-quality resources that deepen understanding of mental health and wellbeing and reduce stigma. Core commitments were maintained and key partnerships sustained.

The year also provided important insight into the charity's operating model. A significant proportion of income had been linked to event-based training delivery, and reduced capacity highlighted vulnerabilities within this model. The Trustees therefore initiated a strategic review to diversify income and strengthen long-term sustainability.

The Board remains confident in the continued relevance of Sanctuary UK's mission and is committed to building a stable and sustainable foundation for the future.

OBJECTIVES AND PUBLIC BENEFIT

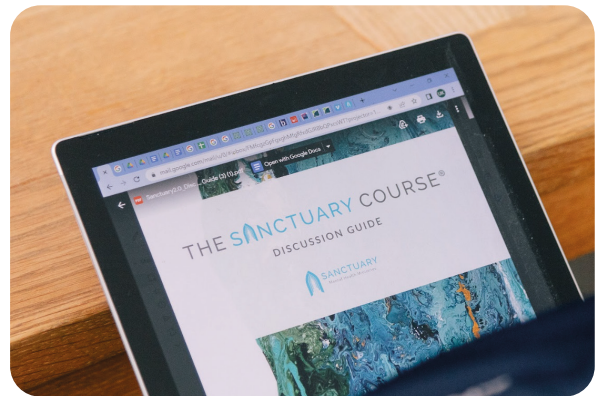
Charitable Objects

The charity exists to advance the education of the Church to be a sanctuary for all people at all stages of their mental wellness journey.

Public Benefit

In shaping the charity's objectives and activities, the Trustees have had due regard to the Charity Commission's guidance on public benefit.

Sanctuary UK delivers public benefit by equipping churches and Christian leaders with accessible, high-quality resources that increase awareness, reduce stigma and strengthen community responses to mental health challenges. Through training, resources and partnerships, the charity supports churches to accompany individuals experiencing mental health difficulties while fostering greater understanding and compassion within local communities. Resources are made widely available, with a commitment to accessibility and inclusion.



MISSION, VISION, AND VALUES

Mission

Sanctuary UK provides resources that meaningfully engage the intersection of faith and mental health, developed in collaboration with theologians, mental health professionals and people with lived experience.

Vision

A future where the Church plays a vital role in supporting mental health and wellbeing in every community.

Values

Compassion, hope, strong relationships, excellence and integrity.



OUR IMPACT

112

churches and faith communities equipped

9570

individuals engaged with *The Sanctuary Course*

525

people trained through in-person delivery

14

partnerships with dioceses and national organisations

The period from 1 June 2024 to 31 May 2025 was a time of transition and consolidation for Sanctuary UK. Following the departure of the UK Director in early February 2025, operational capacity was reduced. The Trustees assumed interim oversight to ensure continuity of governance, safeguarding and programme delivery during this period.

Despite these challenges, the charity continued to deliver its core mission of equipping churches to respond more confidently and compassionately to mental health challenges. Planned training commitments were delivered through a trusted external facilitator with an established relationship with the charity. This ensured that key partnerships with dioceses and church networks were maintained and that core commitments were honoured.

Partnership remains central to Sanctuary UK's approach, reflecting a commitment to ensuring that communities across the UK have access to resources that support mental health and wellbeing. During the year, Sanctuary UK worked in partnership with the dioceses of Blackburn, Bristol, Carlisle, Edmonton, Kensington and Willesden, alongside the Diocese of London Youth Team, Hope in Action,

Waterways Chaplaincy, Restored, The Message Trust, The Salvation Army, the National Estate Churches Network, and the deaneries of Brent and Islington.

Through these partnerships, 101 churches and faith communities were equipped to support individuals experiencing mental health challenges. Delivery of *The Sanctuary Course* enabled 3,690 people across the UK to engage with faith-based mental health education, deepening understanding, reducing stigma and exploring how faith and community support wellbeing.

In addition, 525 individuals from partner organisations and church communities received in-person training, strengthening the confidence and capability of leaders, volunteers and practitioners to respond more effectively in their local contexts.

Engagement with *The Sanctuary Course* and related resources continued throughout the year. Participant feedback indicated increased confidence in addressing mental health within church communities and reinforced the importance of accessible, theologically grounded mental health education.



"After losing my job, I slipped into depression and couldn't see a way forward. Sanctuary helped me find strength again, and later, it gave me the tools and language to support my daughter through her own grief and depression after her marriage broke down. It's helped us both rediscover hope and see faith in a new light."

Course participant, West Midlands





STRATEGIC DEVELOPMENT AND FUTURE PLANS

The Trustees recognise that the 2024/2025 reporting year provided important insight into the charity's operating and income model. Reduced operational capacity during the leadership transition exposed a reliance on training-based income that is resource-intensive and limits long-term sustainability. While training remains an important part of Sanctuary UK's work, an approach centred primarily on delivery places pressure on capacity and presents risks to long-term resilience.

In response, the Trustees initiated a strategic review during the year, including a detailed review of financial performance and income generation. This confirmed that income had become closely linked to delivery-heavy activity and reinforced the need to develop a more sustainable and diversified model.

The appointment of a new UK Director in mid-April 2025 marks the beginning of a renewed strategic phase. A clear strategy is now in place, focused on building sustainability while safeguarding the charity's mission and impact.

Key Priorities for 2025/2026:

Focus for the coming year:

- Develop a volunteer-led delivery model through a structured "train the trainer" approach, enabling localised ongoing delivery within churches and communities while maintaining quality and safeguarding standards.
- Focus national-level training on strategic institutional partnerships, including theological colleges, dioceses and ministerial training contexts, particularly supporting ordinands and those preparing for leadership and ministry.
- Diversify income streams through grant funding, partnerships and alternative revenue models, reducing reliance on delivery-based income.

- Expand the contextual relevance of Sanctuary's resources within the UK by adapting existing materials for use in wider settings, including schools, prisons, outreach youth contexts and community initiatives. This includes the development of bite-sized resources, dialogue tools and UK-contextualised video content to increase accessibility and reach.

Together, these priorities reflect a commitment to strengthening the charity's financial resilience, broadening its impact, and ensuring that Sanctuary UK remains responsive to the diverse contexts in which mental health support is needed.

The Trustees remain confident that this strategic direction will enable the charity to build a stable and sustainable foundation for the future while continuing to equip churches and communities to respond compassionately and effectively to mental health challenges.

The Trustees are satisfied that this strategic approach balances mission fidelity with financial stewardship.

"We co-facilitated three Sanctuary Courses over two years to great success. The wonderful material stimulated participants to become so open, congruent and deeply trustful with each other that they did not want the course to finish. This led us to found "Beyond Sanctuary", which continued to explore the themes in greater depth and offered a space to deepen skills in active listening, peer support, building genuine connection, and healthy self-management.

Sanctuary taught us the beauty of being able to hold space for anyone - familiar or stranger - to come, and know we have the skills to simply be, support and listen. Two of our Sanctuary family are now training to be counsellors as a result."

Course facilitators, West Lancashire



FINANCIAL REVIEW

Total income for the year was £42,694.

Total expenditure was £66,444.

The charity recorded a deficit of £23,750.

Income reduced compared to the previous year, primarily due to decreased training delivery during the period of leadership transition. As a significant portion of income had previously been generated through training activity, reduced operational capacity directly affected earned income levels.

Sanctuary Canada continued to provide support in kind during the year, including communications and organisational assistance, though no direct financial subsidy was received.

The Trustees monitored the position closely during the year and took steps to manage expenditure alongside initiating strategic review. Expenditure was managed prudently during the year in response to income volatility.

RESERVES POLICY

The Trustees have considered the level of reserves required to ensure the continued activities of the charity. Reserves are held to meet the costs of ongoing operations and to manage fluctuations in income and expenditure.

The Trustees consider it prudent to maintain unrestricted reserves equivalent to approximately three months of operating expenditure, allowing time to respond to changes in funding and income generation.

During the year, reduced delivery-based income placed pressure on the charity's reserves position. The Trustees have therefore prioritised strengthening financial resilience through strategic review, diversification of income streams and careful cost management.

The Trustees have reviewed cashflow projections and are satisfied that the

charity remains able to meet its liabilities as they fall due for the foreseeable future. The financial statements have therefore been prepared on a going concern basis.

PRINCIPAL RISKS AND UNCERTAINTIES

The Trustees regularly review risks facing the charity.

The primary risks identified during the year include:

- Reliance on key personnel and leadership capacity
- Income volatility linked to event-based delivery
- Capacity limitations during leadership transition
- Dependence on a limited number of income streams

Mitigation actions include:

- Development of volunteer-led and distributed delivery models
- Diversification of income
- Strengthened governance oversight
- Strategic plan under new leadership

STRUCTURE, GOVERNANCE, AND MANAGEMENT

Sanctuary Mental Health Society is constituted as a company limited by guarantee and registered under the Companies Act 2006. Its governing document is its Memorandum and Articles of Association.

The Trustees are responsible for the overall governance and strategic direction of the charity. They meet regularly to oversee performance, risk, safeguarding, and financial management.

During the period of leadership transition, the Trustees assumed interim operational oversight to ensure continuity of governance and safeguarding.



STATEMENT OF TRUSTEES' RESPONSIBILITIES

The trustees (who are also the directors of Sanctuary Mental Health Society for the purposes of company law) are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year. Under company law the trustees must not approve the financial statement unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period.

In preparing the financial statements the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;

- make judgments and accounting estimates that are reasonable and prudent; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The trustees are responsible for keeping adequate accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the accounts comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.



INDEPENDENT EXAMINER'S REPORT

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 May 2025.

Responsibilities and Basis of Report

As the charity trustees of the Company (and also its directors for the purposes of company law), you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ("the 2006 Act").

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent Examiner's Statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Neil Atherton FCMA CGMA CIMA
27/03/2026
Rosemount
Garden Close Lane
Newbury
RG14 6PR



STATEMENT OF FINANCIAL ACTIVITIES (INCLUDING INCOME AND EXPENDITURE ACCOUNT)

Year ended 31 May 2025		2025 Unrestricted funds	2024 Unrestricted funds
	Notes	£	£
INCOME AND ENDOWMENTS FROM:			
Donations and legacies	3	32,177	79,414
Charitable activities:			
Workshops		10,447	-
Investments	4	70	59
		42,694	79,473
EXPENDITURE ON:			
Raising funds	7	(9,468)	(408)
Charitable activities	6	(56,976)	(103,643)
NET EXPENDITURE		(23,750)	(24,578)
NET MOVEMENT IN FUNDS		(23,750)	(24,578)
RECONCILIATION OF FUNDS:			
Total funds brought forward		47,749	72,327
TOTAL FUNDS CARRIED FORWARD	6	23,999	47,749

The notes on pages 14 to 19 form part of these financial statements.



BALANCE SHEET

As at 31 May 2025		2025 Unrestricted funds	2024 Total funds
	Notes	£	£
FIXED ASSETS			
CURRENT ASSETS			
Debtors	13	-	4,210
Cash at bank and in hand		28,895	45,657
		28,895	49,867
Creditors: Amounts Falling Due Within One Year	14	(4,896)	(2,118)
NET CURRENT ASSETS (LIABILITIES)		23,999	47,749
TOTAL ASSETS LESS CURRENT LIABILITIES		23,999	47,749
NET ASSETS		23,999	47,749
FUNDS OF THE CHARITY			
Unrestricted Funds		23,999	47,749
TOTAL FUNDS	16	23,999	47,749

For the year ending 31 May 2025 the charitable company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the charitable company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

On behalf of the board



M Nash
Trustee
27/03/2026

The notes on pages 14 to 19 form part of these financial statements.

NOTES TO THE FINANCIAL STATEMENTS

1. General Information

Sanctuary Mental Health Society is a company limited by guarantee, incorporated in England & Wales, registered number 12594940 and registered charity number 1191490. The registered office is 7a, Barn 8. Dunston Business Village, Stafford Road, Dunston, Staffordshire, ST18 9AB.

2. Accounting Policies

2.1. Basis of Preparation of Financial Statements

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)", Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Companies Act 2006.

The charitable company is a Public Benefit Entity as defined by FRS 102.

2.2. Resources Expended

A secondary offer was a suite of training for leaders, which focused on leader wellbeing, and which was offered to the clergy around the UK.

The leader wellbeing training delivered included burnout prevention, stress management, and exploring models of sustainable ministry.

In addition, we delivered a suite of frontline training for leaders and volunteers, which covered supporting people experiencing psychological distress, suicide prevention, and an introduction to mental health in a ministry context.

2.3. Tangible Fixed Assets and Depreciation

Tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. Depreciation is provided at rates calculated to write off the cost of the fixed assets, less their estimated residual value, over their expected useful lives on the following bases (where relevant):

Computer Equipment: 4 years

2.4. Cash and Cash Equivalents

Cash and cash equivalents are basic financial assets and include cash in hand and deposits held at call with banks, other short-term highly liquid investments that mature in no more than three months from the date of acquisition and are readily convertible to a known amount of cash with insignificant risk of change in value, and bank overdrafts.

3. Income from Donations and Legacies

	2025 Unrestricted funds	2024 Unrestricted funds
	£	£
Donations and gifts	19,677	12,311
Grants	12,500	67,103
	32,177	79,414



4. Investment Income

	2025 Unrestricted funds	2024 Unrestricted funds
	£	£
Bank interest receivable	70	59

5. Net Income/ (Expenditure)

The net expenditure is stated after charging/(crediting):

	2025	2024
	£	£
Depreciation of tangible fixed assets - owned	-	274

6. Analysis of Expenditure

			2025
	Activities undertaken directly	Support costs (see note 8)	Total
	£	£	£
Charitable Activities	52,185	4,791	56,796
			2024
	Activities undertaken directly	Support costs (see note 8)	Total
	£	£	£
Charitable Activities	90,890	12,753	103,643

7. Cost of Raising Funds

	2025	2024
	£	£
Advertising/Promotional	9,468	408



8. Support Costs

	2025 Raising funds
	£
Employee costs:	
Staff training	24
Staff expenses	63
Premises expenses:	
Rent	1,927
General administration:	
Charitable donations	75
Other office costs	319
Interest payable:	
Bank charges	60
Governance costs:	
Independent examiner's fees	650
Insurance	399
Accountancy fees	1,274
	4,791
	2024 Raising funds
	£
Employee costs:	
Staff expenses	746
Premises expenses:	
Rent	3,600
General administration:	
Computer software, consumables and maintenance	3,379
Training seminars and workshops	510
Other office costs	849
Interest payable:	
Bank charges	127
Governance costs:	
Independent examiner's fees	650
Trustee Indemnity Insurance	366
Accountancy fees	2,526
	12,753

9. Independent Examiner's Remuneration

	2025	2024
	£	£
Independent examination of the financial statements	650	650
	650	650

10. Staff Costs

Staff costs were as follows:

	2025	2024
	£	£
Wages and salaries	45,598	79,355
Social security costs	546	-
Other pension costs	1,093	1,730
	47,237	81,085

No employees received employee benefits (excluding employer pension costs) for the reporting period of more than £60,000.

11. Average Number of Employees

Average number of employees during the year was: 1 (2024: 2)

12. Tangible Assets

	Computer Equipment
	£
Cost	
As at 1 June 2024	1,099
As at 31 May 2025	1,099
Depreciation	
As at 1 June 2024	1,099
As at 31 May 2025	1,099
Net Book Value	
As at 1 June 2024	-
As at 31 May 2025	-



13. Debtors

	2025	2024
	£	£
Due within one year		
Other Taxes and Social Security	-	4,210

14. Creditors: Amounts Falling Due Within One Year

	2025	2024
	£	£
Trade creditors	-	70
Other creditors	3,485	-
Taxation and social security	761	-
Accruals and deferred income	650	2,048
	4,896	2,118

15. Pension Commitments

The charitable company operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charitable company in an independently administered fund.

During the year the charge to the statement of financial activities in respect of defined contribution schemes was £1,093 (2024: £1,730).

At the balance sheet date contributions of £NIL were due to the fund and are included in creditors.

16. Movement in Funds

	As at 1 June			As at 31 May
	2024			2025
	£	£	£	£
Unrestricted funds				
General:				
General unrestricted fund	47,749	42,694	(66,444)	23,999
Total funds	47,749	42,694	(66,444)	23,999
	As at 1 June			As at 31 May
	2023			2024
	£	£		£
Unrestricted funds				
General:				
General unrestricted fund	72,327	79,473	(104,051)	47,749
Total funds	72,327	79,473	(104,051)	47,749

17. Transactions with Trustees

During the year the expenses reimbursed to the trustees or paid directly to third parties were as follows:

	2025	2024
	£	£
	-	-

18. Related Party Disclosures

None of the trustees have been paid any remuneration or received any other benefits from an employment with the charity or a related entity.

The charity received no related party donations during the year. (2024: £15,103) from Sanctuary Mental Health Society Canada. The charity has an agency agreement with Sanctuary Canada to operate under the Sanctuary name in the UK. The Canadian charity provides financial support by way of voluntary donations but has no other financial relationship with the charity).

19. Company Limited by Guarantee

The company is limited by guarantee and has no share capital.

Every member of the company undertakes to contribute to the assets of the company, in the event of a winding up, such an amount as may be required not exceeding £1.





sanctuarymentalhealth.org



SANCTUARY

Mental Health Ministries

SANCTUARY MENTAL HEALTH SOCIETY

England & Wales - Charity number 1191490

Accounts



Sanctuary Mental Health Society

Report & Financial Statements

for the Year End

31st May 2024

Contents	Page
Charity Information	3
Trustees Annual Report	4
Statement of Directors Responsibilities	9
Independent Examiner's report	11
Funds Statements	
Statement of Financial Activities	12
Income and Expenditure Account	13
Balance Sheet	14
Notes forming part of the financial statements	16

Sanctuary Mental Health Society Report of the Trustees for the year ended 31 May 2024

The Trustees present their Report and Accounts for the year ended 31st May 2024, which also comprises the Directors' Report required by the Companies Act 2006.

Reference and Administrative Information

Charity Name: Sanctuary Mental Health Society

The charity also uses the name Sanctuary UK.

The charity's areas of operation and UK charitable registration. The charity is registered in England & Wales with charity number 1191490

Legal structure of the charity

The charity is constituted as a company limited by guarantee, registered under the Companies Act, its governing document is a Memorandum and Articles of Association under company legislation.

Charity registration number: 1191490

Company registration number: 12594940

Registered Office and operational address:

Church On The Corner, 64 Barnsbury Road, London, United Kingdom, N1 0SE

Board of Trustees

Mark Scott Nash

Eleanor Johnson

David Colin Logan

David Genn (appointed 11th November 2021)

Sarah Hindley (appointed 11th May 2024)

Farayi Nakubaya (appointed 11th May 2024)

The trustees who served as a trustee in the reporting period were as shown above, there were no changes during the year, changes in the period between the year end and the approval of the accounts are shown above. All the trustees are also members of the charity.

UK Director: Corin Pilling

Our Aims and Objective

Sanctuary Mental Health Ministries equips the Church to support mental health and wellbeing. We provide resources that meaningfully engage the topics of faith and mental health. Our content is developed in collaboration with theologians, psychologists, and people with lived experience of mental health challenges. These resources prepare communities of faith around the world to raise awareness, reduce stigma, support mental health, and promote mental wellbeing.

Our Values

We believe that caring for mental health and wellbeing is an important part of what it means to participate in Christ's redemptive work. Jesus came to invite all people into relationship with God, and as his disciples we are called to love one another and help one another recognize God's presence in every circumstance and experience, including the experience of mental health challenges. This is a call that requires not only profound compassion and hope, but also education and equipping. As our organisation seeks to serve the Church and respond to this call, we are shaped by the following values.

Practicing Compassion

We seek to understand, care for, and honour others in all of our communications and relationships. This commitment reflects our recognition of the inherent value and dignity of every person made in the image of God.

Cultivating Hope

We desire to share the hope of the gospel in all that we do and with all whom we meet. This commitment reflects our belief that hope, and mental wellbeing are deeply connected.

Building Relationships

We aim to encourage and strengthen communities through sharing stories and knowledge. This commitment reflects our belief that healthy communities are vital in supporting and promoting mental health and wellbeing.

Pursuing Excellence

We strive to meet the highest standards in our research, resource development, and training services.

Demonstrating Integrity

We seek to be authentic in our words and actions, and trustworthy in our work and relationships.

Our charity's objects

To advance the education of the church to be a sanctuary for all people at all stages of their mental wellness journey

Delivering on our aims

We will review our aims, objectives, and activities each year. The review will examine each key activity and their impact. The review will also help us ensure our aim, objectives and activities remained focused on our stated purposes.

Having referred to the guidance contained in the Charity Commission's general guidance on public benefit we review our aim and objectives when planning our future activities.

The focus of our work

There is an incontrovertible need for churches to be equipped to respond to mental health in their communities in ways that are well- informed and effective. According to the BMA, 'the number of people seeking treatment has grown at a much faster rate than the number of people estimated to have a mental illness. The percentage of adults aged 16-74 with a common mental disorder, who were accessing mental health treatment rose from 23.1% in 2000 to 39.4% in 2014. This represents an increase of over two thirds (71%). It is estimated that this has continued to increase, post- pandemic. As such, churches have a vital role to play in both helping in early intervention and post- recovery support for their wider communities. '¹

Sanctuary's core work continues to focus on equipping congregations and their leaders, who are often first port of call when people experience mental health challenges. We seek to offer the vital resources and training to support each community to appropriately respond to mental health challenges as they present. We are committed to offering our core online resources for free, and to a high standard to ensure that every congregation is able to understand mental health and its impact.

Partnership is vital to this work, particularly given our commitment to ensure that every community is offered an opportunity to access our resources. We nurture and value a range of partnerships with charities, dioceses and church networks to further our goal of supporting the wellbeing of the whole church.

In this fiscal year, Sanctuary UK have partnered with The Church Urban Fund, ChurchWorks, The Church Army, Faith in Older People, Churches Together in England, Jubilee Plus, The National Estate Churches Network, Humantalk, and Renew Wellbeing.

How our activities deliver public benefit

Sanctuary's resources are offered free of charge for churches and individuals and are accessible online. with the potential positive benefit to friends, families, and wider communities.

¹ <https://www.bma.org.uk/advice-and-support/nhs-delivery-and-workforce/pressures/mental-health-pressures-data-analysis>

The resources are designed to break down stigma and evaluations demonstrate shifts in attitudes toward those who live with mental health challenges. In addition, there is evidence that churches grow in awareness and ability to respond, which in turn leads to communities where mental health recovery is possible.

Sanctuary enrolled 9,720 UK participants of The Sanctuary Course for 2023-24, calculation based on registrations. We also delivered in- person training to 760 people this year.

Congregations equipped with our resources are proven to tackle mental health stigma and significantly raise awareness within the community. Equally, members of the congregation learn how to offer appropriate support that complements professional input when needed.

Our resources benefit both those living with long terms challenges and those who comprise the wider community. In a recent survey, over 90% of course participants surveyed felt their ability to support individuals in their church community with lived experience of mental health challenges had increased. 74% of survey respondents indicated that they felt their understanding of self-care had increased.

The main activities undertaken in relation to those purposes during the year:

Our primary tool for community change, The Sanctuary Course, is an 8-week introduction to mental health for the whole church, to tackle stigma and build awareness, and encourage opportunities for mutual support. The course was promoted through networks, diocese, digital media and through partnerships. We offered flexible support to those accessing The Sanctuary Course, both through online workshops and individualised support sessions to help people confidently and safely use the material

Our resources and training

A secondary offer was a suite of training for leaders, which focused on leader wellbeing, and which was offered to clergy around the UK.

The leader wellbeing training delivered included burnout prevention, stress management, and exploring models of sustainable ministry.

In addition, we delivered a suite of frontline training for leaders and volunteers, which covered supporting people experiencing psychological distress, suicide prevention, and an introduction to mental health in a ministry context.

Safeguarding

Our resources are all peer reviewed by mental health professionals to ensure they meet current safeguarding standards. We are committed to ensuring we continually draw from the best of current practice to ensure every community can use the resources effectively and safely.

Promotion and Advocacy

We are regularly involved in producing content and recording material with faith- based media platforms such as Premier Christian Radio, God TV and UCB, as well as media opportunities with the Benefact Trust. We view this work as vital to offering an accessible way of connecting with Sanctuary's approach and resources.

Financial Review

The charity's financial position at the end of the year ended 31st May 2024

During its fourth financial year to 31st May 2024 Sanctuary UK made a small deficit of (£24,578) which combined with funds brought forward of £72,327 results in reserves carried forward into the 2023/24 financial year of £47,749.

Principal Funding Sources

Donations received during the financial year were primarily the support from Sanctuary Canada plus a generous £50,000 grant from the Benefact Trust, which will require match funding and is offered under a three-year programme.

In addition, small grants and a growing pool of individual givers contributed to our running costs. Sanctuary Canada used donations to provide back-up support to ensure core costs were met. We are grateful for their support and in the coming year will make every effort to achieve our goal of becoming self-funding from UK sources.

Policies on reserves

The trustees have considered the level of reserves required to ensure the continued activities of the charity. Reserves are needed to meet the costs of ongoing activities and balancing any fluctuations in income and expenditure. Those costs are primarily the work of the staff delivery team, managing the design of educational resources, delivering events and workshops, church liaison and fundraising.

The trustees consider it is reasonable to hold reserves to meet day-to-day running costs for a period of three months, whilst further fundraising activity is undertaken. Reserves at 31st May 2024 totaled £47,749 and are considered to be sufficient when combined with incoming resources from committed donations in the early part of 2024/25 to support the continuing work for a further –12 – 18 months.

Availability and adequacy of assets of each of the funds

The board of trustees is satisfied that the charity's assets in each fund are available and adequate to fulfill its obligations in respect of each fund.

Plans for Future

In the coming year, we will continue to distribute and support communities to use The Sanctuary Course to further mental health awareness.

We will pilot and evaluate training for leaders on the topic of wellbeing, and in addition we will consult with leaders representing BAME communities on the resources and their usability in the context of their community and ministries.

We will seek to identify three diocese where we can actively support the roll- out of The Sanctuary Course, where we hope to prove the efficacy of the model. As we explore mental health needs across the church communities, we plan to provide proactive support with those where mental health incidence is higher.

Structure, Governance and Governing Document

The organisation is a charitable company limited by guarantee, incorporated on 11th May 2020, and registered as a charity on 28th September 2020. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

The directors of the company are also charity trustees for the purposes of charity law and under the company's Articles are known as members of the Board of Trustees. All members of the Board give their time voluntarily and receive no benefits from the charity.

Organisational Structure

Sanctuary Mental Health Society has a Board of Trustees of up to 12 members who meet quarterly and are responsible for the strategic direction and policy of the charity. At present the Committee has six members from a variety of professional backgrounds relevant to the work of the charity.

Day to day responsibility for the provision of the services rest with the UK Director. The Director is responsible for ensuring that the charity delivers the services specified and that key performance indicators are met.

Recruitment and Appointment of Trustees

Trustees are sought primarily through the introduction and referrals of its Board. The charity will also seek to advertise any trustee vacancies in 2024/25 and to develop the range of skills and experience on the Board.

The trustees' bankers and advisors

UK Director: Corin Pilling

Finance and Administration: Stephen Perry & Co, Chartered Management Accountants,
38 York Road, York, YO24 4LZ

Bankers: CAF Bank Limited 25 Kings Hill Avenue, Kings Hill, West Malling, Kent ME19 4JQ.

Details of The Independent Examiner

Neil Atherton FCMA CGMA
Rosemount, Garden Close Lane, Newbury RG14 6PR

Statement of Directors' and Trustees' Responsibilities

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Companies Act 2006, the Charities Act 2011 and the Charities: Statement of Recommended Practice (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK (FRS 102)) issued in October 2019 (Charities SORP (FRS 102)).

In particular, the Companies Act 2006, and charity law require the Board of Trustees to prepare. Financial statements for each financial year which give a true and fair view of the state of affairs of the charity as at the end of the financial year and of the surplus or deficit of the charity. In preparing those financial statements the Board is required to:

- prepare the accounts in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law).
- select suitable accounting policies and then apply them consistently.
- make judgements and estimates that are reasonable and prudent; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.
- state whether applicable accounting standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements.

The law requires that the trustees must not approve the accounts unless they are satisfied that they give a true and fair view of the state of affairs of the charity and of the surplus or deficit of the charity for the year.

The Trustees are also responsible for:

- maintaining adequate accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which are sufficient to show and explain the charity's transactions.
- safeguarding the assets of the charity and for taking reasonable steps for the prevention and detection of fraud and other irregularities.
- the contents of the Trustees' report.

The statutory responsibility of the Independent Examiner in relation to the Trustees' report is limited to examining the report and ensuring that, on the face of the report, there are no material inconsistencies with the figures disclosed in the financial statements.

Method of preparation of accounts – small company provisions

The financial statements are set out on pages 12 to 22.

The financial statements have been prepared implementing the Charities: Statement of Recommended Practice (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK (FRS 102)) issued in October 2019 (Charities SORP (FRS 102) and the Companies Act 2006

These accounts have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies' subject to the small companies regime. This report was approved by the board of trustees on 17th February 2024.

A handwritten signature in black ink, appearing to read 'Mark Nash', written in a cursive style.

Mark Nash
Director and Trustee

Report of the Independent Examiner to the Trustees of Sanctuary Mental Health Society on the accounts for the year ended 31st May 2024

I report on the financial statements of the charitable company on pages 12 to 22 for the year ended 31st May 2024.

Responsibilities and basis of report

As the charity's trustees of the Company (who are also the directors of the company for the purposes of company law), you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ("the 2006 Act"). Having satisfied myself that the accounts of the Company are not required to be audited for this year under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ("the 2011 Act"). In carrying out my examination, I have followed the Directions given by the Charity Commission (under section 145(5)(b) of the 2011 Act).

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention which gives me cause to believe that:

- accounting records were not kept in accordance with s386 of the Companies Act 2006; or
- the accounts do not accord with such records; or
- the accounts do not comply with relevant accounting requirements under s396 of the Companies Act 2006 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination: or
- the accounts have not been prepared in accordance with the Charities SORP (FRS102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Neil Atherton FCMA CGMA
This report was signed on 21st February 2025

Statement of Financial Activities for the year ended 31st May 2024

	SORP Ref	Current year Unrestricted funds 2024 £	Current year Restricted funds 2024 £	Current year Total funds 2024 £	Prior year Total funds 2023 £
Income From					
Donations & Legacies	A1	79,414		79,414	90,343
Charitable Activities	A2	-		-	13,000
Interest Received	4	59		59	39
Total income	A	79,473		79,473	103,382
Expenditure On					
Cost of raising funds	B1	408		408	2,987
Charitable activities	B2	103,643		103,643	80,407
Total expenditure	B	104,051		104,051	83,394
Net income for the year		(24,578)		(24,578)	19,988
Net income after transfers	A B C	(24,578)		(24,578)	19,988
Net movement in funds		(24,578)		(24,578)	19,988
Reconciliation of funds:	E				
Total funds brought forward		72,327		72,327	52,339
Total funds carried forward		47,749		47,749	72,327

All activities are derived from continuing operations.

All prior year transactions related to unrestricted purposes.

There are no other recognised gains or losses other than shown above.

Notes on pages 16 to 22 form an integral part of these accounts

Income and Expenditure Account for the year ended 31st May 2024 as required by the Companies Act 2006

	2024	2023
	£	£
Income from Operations	79,414	103,343
Interest Receivable	59	39
Gross Income in the year	<u>79,473</u>	<u>103,382</u>
Expenditure		
Charitable expenditure	102,627	79,441
Fundraising Costs	408	2987
Governance Costs	1,016	966
Total Expenditure in the Year	<u>104,051</u>	<u>83,394</u>
Net income before tax in the Year	<u>(24,578)</u>	<u>19,988</u>
Tax on surplus on ordinary activities	<u>(24,578)</u>	<u>19,988</u>
Net income after tax in the year	<u>(24,578)</u>	<u>19,988</u>

In accordance with the provisions of the Companies Act 2006, the headings and subheadings used in the Income and Expenditure account have been adapted to reflect the special nature of the charity's activities.

All activities derive from continuing operations.

Balance Sheet as at 31st May 2024

	SORP Ref	2024	2023
		£	£
Fixed Assets	B	-	274
Current Assets			
Cash at Bank	B4	45,657	70,384
Debtors: Amounts due in one year		4,210	3,268
Creditors: amounts falling due within one year	C1	<u>(2,118)</u>	<u>(1,600)</u>
Net Current Assets		<u>47,749</u>	<u>72,327</u>
Total net assets of the charity		<u>47,749</u>	<u>72,327</u>

The total net assets of the charity are funded by the funds of the charity, as follows:

		2024	2023
		£	£
Unrestricted Revenue Funds	D3	<u>47,749</u>	<u>72,327</u>
Total Charity Funds		<u>47,749</u>	<u>72,327</u>

The total net assets of the charity are funded by the funds of the charity, as follows:

		2024	2023
		£	£
Unrestricted Revenue Funds	D3	<u>47,749</u>	<u>72,327</u>
Total Charity Funds		<u>47,749</u>	<u>72,327</u>

Notes on pages 16 to 22 form an integral part of these accounts

The 'SORP Ref' indicated above is the classification of Balance Sheet items as set out in the formal SORP documents. As required by paragraph 4.60 of the SORP, the brought forward and carried forward funds above have been agreed to the SOFA.

The directors are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006. The members have not required the company to obtain an audit in accordance with section 476 of the Act.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The charity is subject to Independent Examination under charity legislation, and the report of the examiner is on page 11. The accounts have been prepared in accordance with the provisions in Part of the Companies Act 2006 applicable to company's subject to the small company's regime.

A handwritten signature in black ink, appearing to read 'Mark Nash', with a stylized flourish underneath.

Mark Nash

Director and Trustee

Approved by the board of trustees on 21st February 2024

The notes attached on pages 16 to 22 form an integral part of these accounts.

1. Accounting policies

Policies relating to the production of the accounts.

Basis of preparation and accounting convention

The financial statements have been prepared in accordance with the Charities: Statement of Recommended Practice (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK (FRS 102)) issued in October 2019 (Charities SORP (FRS 102) and the Companies Act 2006.

The charity meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

Policies relating to categories of income and income recognition.

Nature of income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received, and the amount can be measured reliably.

Income recognition

Income is included in the Statement of Financial Activities (SoFA) when:

- the charity becomes entitled to the resources.
- it is more likely than not that the trustees will receive the resources.
- the monetary value can be measured with sufficient reliability.

Gift Aid

Gift Aid receivable is included in income when there is a valid declaration from the donor. Any Gift Aid amount recovered on a donation is considered to be part of that gift and is treated as an addition to the same fund as the initial donation unless the donor or the terms of the appeal have specified otherwise.

Grants and Donations

Grants and donations are only included in the SoFA when the general income recognition criteria are met (5.10 to 5.12 FRS102 SORP).

Donated goods, facilities and services

Donated services and facilities are included in the SOFA when received at the value of the gift to the charity provided the value of the gift can be measured reliably. Donated services and facilities that are consumed immediately are recognised as income with an equivalent amount recognised as an expense under the appropriate heading in the SOFA.

Volunteers

In accordance with the SORP, and in recognition of the difficulties in placing a monetary value on the

contribution from volunteers, the contribution of volunteers is not included within the income of the charity. However, the trustees value the significant contribution made to the activities of the charity by unpaid volunteers, and this is described more fully in the Trustees Report.

Liability recognition

Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.

Governance and support costs

Support costs have been allocated between governance costs and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

Tangible Fixed Assets

Fixed Assets are recorded at cost of purchase less accumulated depreciation. The charity generally capitalises assets which meet or exceed a de minimis value of £1,000 and are likely to have a useful economic life of more than one year.

Depreciation

Depreciation of fixed assets is charged by annual amounts commencing in the year of acquisition at rates estimated to write off their cost, less any estimated residual value, over their expected useful lives. All assets are depreciated on a straight-line basis. A full year's depreciation is charged in the year of acquisition, and none in the year of disposal.

Computer Equipment 4 years

Taxation

As a registered charity, the organisation is exempt from income and corporation tax to the extent that its income and gains are applied towards the charitable objects of the charity and for no other purpose.

Winding up or dissolution of the charity

If upon winding up or dissolution of the charity there remain any assets, after the satisfaction of all debts and liabilities, the assets represented by the accumulated fund shall be transferred to some other charitable body or bodies having similar objects to the charity.

2. Income

Income for the comparative year to 31st May 2023 comprises unrestricted funds.

3. Going concern

The trustees assess whether the use of going concern is appropriate i.e., whether there are any material uncertainties related to events or conditions that may cast significant doubt on the ability of the charity to continue as a going concern. The trustees make this assessment in respect of a period of one year from the date of approval of the financial statements. The charity is a going concern and there are no material uncertainties relating to its going concern status.

4. Donated goods and services

	Current year Unrestricted Funds	Current year Restricted Funds	Current year Total Funds	Prior Year Total Funds
	2024 £	2024 £	2024 £	2023 £
Included in legacies and donations	-	-	-	-
Donated goods and services	-	-	-	-

5. Staff costs and emoluments

	2024 £	2023 £
Gross Salaries excluding trustees	79,355	46,500
Employers Pension	1,730	1,208
Trustees' Remuneration	-	-
Total salaries, wages and related costs	<u>81,085</u>	<u>47,708</u>

Numbers of full time employees or full time equivalents

The average number of total staff employed in the year was

2	1
---	---

	2024 £	2023 £
The amount reimbursed to trustees	nil	nil

The nature of the trustees' expenses was travel and subsistence

The number of trustees to whom expenses were reimbursed	0	0
---	---	---

There were no employees with emoluments above £60,000.

6. Trustees' expenses

There were no expenses paid to trustees during the financial year to 31st May 2024 (2023; £nil)

7. Debtors: amounts falling due within one year

	2024	2023
	£	£
Trade Debtors	-	-
Other Taxes	4,210	3,268
Total Debtors	<u>4,210</u>	<u>3,268</u>

The debtors shown as 'Other taxes' in Note 7 relates to an overpayment to HMRC.

8. Creditors: amounts falling due within one year

	2024	2023
	£	£
Accruals	2,048	1,600
Other Taxes	-	-
Trade Creditors	70	-
Total Creditors	<u>2,118</u>	<u>1,600</u>

9. Fixed Assets

	IT Equipment	Prior Year
	£	£
	2024	2023
	£	£
At the beginning of the year	1,099	1,099
Additions	-	-
Disposals	-	-
At the end of the year	<u>1,099</u>	<u>1,099</u>
Depreciation		
At the beginning of the year	825	550
Charge Depreciation	274	275
Disposals	-	-
At the end of the year	<u>1,099</u>	<u>825</u>
Net Book Value		
At the beginning of the year	<u>274</u>	<u>549</u>
At the end of the year	<u>-</u>	<u>274</u>

10. Grants and Donations

	Current year Unrestricted Funds 2024 £	Current year Restricted Funds 2024 £	Current year Total Funds 2024 £	Prior Year Total Funds 2023 £
Sanctuary Canada	15,103		15,103	28,498
Benefact Group	50,000		50,000	50,000
The Bishop Radford Trust	2,000		2,000	-
The Good News Evangelical Mission	-		-	5,000
Other Smaller Donations,	12,311		12,311	19,845
Total Donations and Legacies	79,414		79,414	103,343

11. Expenditure on charitable activities Direct Spending

	Current year Unrestricted Funds 2024 £	Current year Restricted Funds 2024 £	Current year Total Funds 2024 £	Prior Year Total Funds 2023 £
Temporary Staff	6,796		6,796	17,794
Salaries	81,085		81,085	46,186
Total Direct Spending	87,881	-	87,881	63,980

12. Support costs for charitable activities

	Current year Unrestricted Funds	Current year Restricted Funds	Current year Total Funds	Prior Year Total Funds
	2024	2024	2024	2023
	£	£	£	£
<i>Administrative Overheads</i>				
Accountancy	2,526			492
Advertising	408			2,987
Computer	1,564			
Depreciation	274			275
Event Costs	510			3,605
Freelance Fees	6,796			
Office Expenses	849			
Pension Costs	1,730			
Recruitment	598			
Rent	3,600			
Salaries	79,355			
Software	1,815			35
Subscriptions				144
Staff Expenses	746			
Training & Development				9,277
Travel & Subsistence	2,137			1,533
<i>Financial Costs</i>				
Bank Charges	127			96
Total Support Costs	103,035	-	-	18,444

**13. Other expenditure
governance costs**

	Current year Unrestricted Funds 2024 £	Current year Restricted Funds 2024 £	Current year Total Funds 2024 £	Prior Year Total Funds 2023 £
Independent Examiner's fees	650	-	650	600
Trustees' expenses	-	-	-	-
Trustees' indemnity insurance	366	-	366	366
Total Governance costs	<u>1,016</u>	<u>-</u>	<u>1,016</u>	<u>680</u>

14. Related Party Transactions

None of the trustees have been paid any remuneration or received any other benefits from an employment with the charity or a related entity.

The charity received donations during the year of £15,103 (2023: £28,498) from Sanctuary Mental Health Society Canada. The charity has an agency agreement with Sanctuary Canada to operate under the Sanctuary name in the UK. The Canadian charity provides financial support by way of voluntary donations but has no other financial relationship with the charity.

SANCTUARY MENTAL HEALTH SOCIETY

England & Wales - Charity number 1191490

Accounts



Sanctuary Mental Health Society

Report & Financial Statements

for Year End

31st May 2023

Contents	Page
Charity Information	3
Trustees Annual Report	4
Statement of Directors Responsibilities	8
Independent Examiner's report	10
Funds Statements	
Statement of Financial Activities	11
Income and Expenditure Account	12
Balance Sheet	13
Notes forming part of the financial statements	14

Sanctuary Mental Health Society Report of the Trustees for the year ended 31 May 2023

The Trustees present their Report and Accounts for the year ended 31st May 2023, which also comprises the Directors' Report required by the Companies Act 2006.

Reference and Administrative Information

Charity Name: Sanctuary Mental Health Society

The charity also uses the name Sanctuary UK.

The charity's areas of operation and UK charitable registration. The charity is registered in England & Wales with charity number 1191490

Legal structure of the charity

The charity is constituted as a company limited by guarantee, registered under the Companies Act, its governing document is a Memorandum and Articles of Association under company legislation.

Charity registration number: 1191490

Company registration number: 12594940

Registered Office and operational address:

Waverley Abbey House, Waverley Lane, Farnham, England, GU9 8EP

Board of Trustees

Mark Scott Nash

Eleanor Johnson

David Colin Logan

The trustees who served as a trustee in the reporting period were as shown above and there were no changes during the year, or in the period between the year end and the approval of the accounts. All the trustees are also members of the charity.

UK Director: Corin Pilling

Our Aims and Objective

Sanctuary Mental Health Ministries equips the Church to support mental health and wellbeing. We provide resources that meaningfully engage the topics of faith and mental health. Our content is developed in collaboration with theologians, psychologists, and people with lived experience of mental health challenges. These resources prepare communities of faith around the world to raise awareness, reduce stigma, support mental health, and promote mental wellbeing.

Our Values

We believe that caring for mental health and wellbeing is an important part of what it means to participate in Christ's redemptive work. Jesus came to invite all people into relationship with God, and as his disciples we are called to love one another and help one another recognize God's presence in every circumstance and experience, including the experience of mental health challenges. This is a call that requires not only profound compassion and hope, but also education and equipping. As our organization seeks to serve the Church and respond to this call, we are shaped by the following values.

Practicing Compassion

We seek to understand, care for, and honour others in all of our communications and relationships. This commitment reflects our recognition of the inherent value and dignity of every person made in the image of God.

Cultivating Hope

We desire to share the hope of the gospel in all that we do and with all whom we meet. This commitment reflects our belief that hope, and mental wellbeing are deeply connected.

Building Relationships

We aim to encourage and strengthen communities through sharing stories and knowledge. This commitment reflects our belief that healthy communities are vital in supporting and promoting mental health and wellbeing.

Pursuing Excellence

We strive to meet the highest standards in our research, resource development, and training services.

Demonstrating Integrity

We seek to be authentic in our words and actions, and trustworthy in our work and relationships.

Our charity's objects.

To advance the education of the church to be a sanctuary for all people at all stages of their mental wellness journey

Delivering on our aims

We will review our aims, objectives, and activities each year. The review will examine each key activity and their impact. The review will also help us ensure our aim, objectives and activities remained focused on our stated purposes.

Having referred to the guidance contained in the Charity Commission's general guidance on public benefit we review our aim and objectives when planning our future activities.

The focus of our work

The core work of is in providing church leaders and members with mental health related training, resources, and support. The provision of this training is free, through the online Sanctuary Course, offering an accessible approach to a topic which affects every community.

In addition, we partner with other charities and dioceses and church networks to support the wellbeing of the whole church.

In this fiscal year, Sanctuary UK have partnered with Alpha International, The Anglican Mental Health Group, The Church Urban Fund, ChurchWorks, CWR Waverley Abbey, Faith in Older People, The Guild of Health & St. Raphael, Humantalk, the London Institute of Contemporary Christianity and Renew Wellbeing.

How our activities deliver public benefit

Sanctuary's resources are offered free of charge for churches and individuals and are accessible online. For every church reached, individuals who participate in Sanctuary's resources are impacted, with the potential positive benefit to friends, families, and communities at-large. The resources are designed to break down stigma and evaluations demonstrate shifts in attitudes toward those who live with mental health challenges. In addition, there is evidence that churches grow in awareness and ability to respond, which in turn leads to communities where mental health recovery is possible.

The main activities undertaken in relation to those purposes during the year:

Our primary tool for community change remained The Sanctuary Course, an 8 week introduction to mental health for the whole church, to tackle stigma and build awareness, and encourage opportunities for mutual support. The course was promoted through networks, diocese, digital media and through partnerships.

This year we delivered a government funded project, through the New Deal for Faith Communities in partnership with Cinnamon Network and other partner organisations. In addition, we extended our work to partner with artists to elevate the conversation on mental health in church. At a successful launch event in London we previewed a joint project between

Sanctuary and musical collective The Porter's Gate; a suite of songs exploring mental health for worship, which would be released in the coming year.

Our resources and training

We continue to offer bespoke training across multiple denominations and church networks- theological colleges, in the Baptist and Anglican networks, with other networks and denominations being engaged with a view to extending the offer. Training delivered included mental health awareness for ministry, burnout prevention, and sustaining wellbeing for leaders and those in frontline ministry. In addition, we offered webinars to explore The Sanctuary Course material and discuss presenting issues in communities.

Promotion and Advocacy

We spoke about Sanctuary's work, advocated for the cause, and delivered content through media outlets such as Premier Christian Radio, God TV and UCB.

Financial Review

The charity's financial position at the end of the year ended 31st May 2023

During its second financial year to 31st May 2023 Sanctuary UK made a small surplus of £19,988, which combined with a surplus brought forward of £52,339 results in reserves carried forward into the 2022/23 financial year of £72,327.

Donations received during the financial year were primarily support form Sanctuary Canada plus smaller donations from events and supports. The charity is in a strong position to deliver its planned activities for 2023/24.

Having developed a hybrid approach to training, through online and in person events, we have found a way of delivering accessible training in the new post- pandemic landscape.

Principal Funding Sources

We began our second year with the generous support of the Benefact Trust, which will require match funding and is offered under a three-year programme. In addition, small grants and a growing pool of individual givers contributed to our running costs. Sanctuary Canada used donations to provide back-up support to ensure core costs were met.

Policies on reserves

The trustees have considered the level of reserves required to ensure the continued activities of the charity. Reserves are needed to meet the costs of ongoing activities and balancing any fluctuations in income and expenditure. Those costs are primarily the work of the staff delivery team, managing the design of educational resources, delivering events and workshops, church liaison and fundraising.

The trustees consider it is reasonable to hold reserves to meet day-to-day running costs for a period of three months, whilst further fundraising activity is undertaken. Reserves at 31st May 2023 totaled £72,327 and are considered to be sufficient when combined with incoming resources from committed donations in the early part of 2023/24 to support the continuing work for a further 6 – 12 months.

Availability and adequacy of assets of each of the funds

The board of trustees is satisfied that the charity's assets in each fund are available and adequate to fulfill its obligations in respect of each fund.

Plans for Future

In the coming year, we will continue to distribute and support communities to use The Sanctuary Course to further mental health awareness.

We will pilot and evaluate training for leaders on the topic of wellbeing, and in addition we will consult with leaders representing BAME communities on the resources and their usability in the context of their community and ministries.

We will seek to identify three diocese where we can actively support the roll- out of The Sanctuary Course, where we hope to prove the efficacy of the model. As we explore mental health needs across the church communities, we plan to provide proactive support with those where mental health incidence is higher.

Structure, Governance and Governing Document

The organisation is a charitable company limited by guarantee, incorporated on 11th May 2020, and registered as a charity on 28th September 2020. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

The directors of the company are also charity trustees for the purposes of charity law and under the company's Articles are known as members of the Board of Trustees. All members of the Board give their time voluntarily and receive no benefits from the charity.

Organisational Structure

Sanctuary Mental Health Society has a Board of Trustees of up to 12 members who meet quarterly and are responsible for the strategic direction and policy of the charity. At present the Committee has three members from a variety of professional backgrounds relevant to the work of the charity. Day to day responsibility for the provision of the services rest with the UK Director. The Director is responsible for ensuring that the charity delivers the services specified and that key performance indicators are met.

Recruitment and Appointment of Trustees

Trustees are sought primarily through the introduction and referrals of its Board. The charity will

also seek to advertise any trustee vacancies in 2023/24 and to develop the range of skills and experience on the Board.

The trustees' bankers and advisors

UK Director: Corin Pilling

Finance and Administration: Stephen Perry & Co, Chartered Management Accountants, Knowle House, 38 York Road, York, YO24 4LZ

Bankers: CAF Bank Limited 25 Kings Hill Avenue, Kings Hill, West Malling, Kent ME19 4JQ.

Details of The Independent Examiner

Robert Woolley FCCA CTA

Fellow of the Association of Chartered Certified Accountants and Chartered Tax Advisor

Statement of Directors' and Trustees' Responsibilities

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Companies Act 2006, the Charities Act 2011 and the Charities: Statement of Recommended Practice (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK (FRS 102)) issued in October 2019 (Charities SORP (FRS 102)).

In particular, the Companies Act 2006 and charity law require the Board of Trustees to prepare. Financial statements for each financial year which give a true and fair view of the state of affairs of the charity as at the end of the financial year and of the surplus or deficit of the charity. In preparing those financial statements the Board is required to:

- prepare the accounts in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law).
- select suitable accounting policies and then apply them consistently.
- make judgements and estimates that are reasonable and prudent; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.
- state whether applicable accounting standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements.

The law requires that the trustees must not approve the accounts unless they are satisfied that they give a true and fair view of the state of affairs of the charity and of the surplus or deficit of the charity for the year.

The Trustees are also responsible for maintaining adequate accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which are sufficient to show and explain the charity's transactions and enable them to ensure that the financial statements comply with the Companies Act 2006 and comply with regulations made under the Charities Act. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees are also responsible for the contents of the Trustees' report, and the statutory

responsibility of the Independent Examiner in relation to the Trustees' report is limited to examining the report and ensuring that, on the face of the report, there are no material inconsistencies with the figures disclosed in the financial statements.

Method of preparation of accounts – small company provisions

The financial statements are set out on pages 14 to 20.

The financial statements have been prepared implementing the Charities: Statement of Recommended Practice (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK (FRS 102)) issued in October 2019 (Charities SORP (FRS 102) and the Companies Act 2006

These accounts have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies' subject to the small companies regime. This report was approved by the board of trustees on 28th February 2024.

A handwritten signature in black ink, appearing to read 'Mark Nash', written in a cursive style.

Mark Nash
Director and Trustee

Report of the Independent Examiner to the Trustees of Sanctuary Mental Health Society on the accounts for the year ended 31st May 2023

I report on the financial statements of the charitable company on pages 11 to 20 for the year ended 31st May 2023.

Responsibilities and basis of report


As the charity's trustees of the Company (who are also the directors of the company for the purposes of company law), you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ("the 2006 Act"). Having satisfied myself that the accounts of the Company are not required to be audited for this year under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ("the 2011 Act"). In carrying out my examination, I have followed the Directions given by the Charity Commission (under section 145(5)(b) of the 2011 Act).

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention which gives me cause to believe that:

- accounting records were not kept in accordance with s386 of the Companies Act 2006; or
- the accounts do not accord with such records; or
- the accounts do not comply with relevant accounting requirements under s396 of the Companies Act 2006 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination: or
- the accounts have not been prepared in accordance with the Charities SORP (FRS102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Robert Woolley FCCA CTA
Fellow Member of the Association of Chartered Certified Accountants and Chartered Tax
Advisor
Crown House, York Road
Shiptonthorpe
York
Y043 3PF

This report was signed on 28th February 2024

Statement of Financial Activities for the year ended 31st May 2023

	SORP Ref	Current year Unrestricted funds 2023 £	Current year Restricted funds 2023 £	Current year Total funds 2023 £	Prior year Total funds 2022 £
Incoming Resources					
Donations & Legacies	A1	90,343		90,343	121,730
Charitable Activities	A2	13,000		13,000	
Investment Income	A4	39		39	
Total income	A	103,382		103,382	121,730
Resources Expended					
Cost of raising funds	B1	2,987		2,987	
Charitable activities	B2	80,407		80,407	91,428
Total expenditure	B	83,394		83,394	91,428
Net income for the year		19,988		19,988	30,302
Net income after transfers	A B C	19,988		19,988	30,302
Net movement in funds		19,988		19,988	30,302
Reconciliation of funds:	E				
Total funds brought forward		52,339		52,339	22,037
Total funds carried forward		72,327		72,327	52,339

All activities are derived from continuing operations.

All prior year transactions related to unrestricted purposes.

There are no other recognised gains or losses other than shown above.

Notes on pages 14 to 20 form an integral part of these accounts

Income and Expenditure Account for the year ended 31st May 2023 as required by the Companies Act 2006

	2023	2022
	£	£
Income from Operations	103,343	121,730
Other Income	-	-
Interest Receivable	39	-
Gross Income in the year	<u>103,382</u>	<u>121,730</u>
 Expenditure		
Charitable expenditure	79,441	90,748
Fundraising Costs	2,987	-
Governance Costs	966	680
Total Expenditure in the Year	<u>83,394</u>	<u>91,428</u>
 Net income before tax in the Year	<u>19,988</u>	<u>30,302</u>
 Tax on surplus on ordinary activities		
Net income after tax in the year	<u>19,988</u>	<u>30,302</u>

In accordance with the provisions of the Companies Act 2006, the headings and subheadings used in the Income and Expenditure account have been adapted to reflect the special nature of the charity's activities.

All activities derive from continuing operations.

Balance Sheet as at 31st May 2023

	SORP Ref	2023 £	2022 £
Fixed Assets	B	274	549
Current Assets			
Cash at Bank	B4	70,384	61,713
Debtors: Amounts due within one year		3,268	
Creditors: amounts falling due within one year	C1	<u>(1,600)</u>	<u>(9,923)</u>
Net Current Assets		<u>73,327</u>	<u>51,790</u>
Total net assets of the charity		<u>72,327</u>	<u>52,339</u>

The total net assets of the charity are funded by the funds of the charity, as follows:

		2023 £	2022
Unrestricted Revenue Funds	12 D3	<u>72,327</u>	<u>52,339</u>
Total Charity Funds		<u>72,327</u>	<u>52,339</u>

Notes on pages 14 to 20 form an integral part of these accounts

The 'SORP Ref' indicated above is the classification of Balance Sheet items as set out in the formal SORP documents. As required by paragraph 4.60 of the SORP, the brought forward and carried forward funds above have been agreed to the SOFA.

The directors are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006. The members have not required the company to obtain an audit in accordance with section 476 of the Act.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The charity is subject to Independent Examination under charity legislation, and the report of the examiner is on page 10. The accounts have been prepared in accordance with the provisions in Part of the Companies Act 2006 applicable to company's subject to the small company's regime.



Mark Nash
 Director and Trustee
 Approved by the board of trustees on 28th February 2024

The notes attached on pages 14 to 20 form an integral part of these accounts.

1. Accounting policies

Policies relating to the production of the accounts.

Basis of preparation and accounting convention

The financial statements have been prepared in accordance with the Charities: Statement of Recommended Practice (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK (FRS 102)) issued in October 2019 (Charities SORP (FRS 102) and the Companies Act 2006.

The charity meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s). Policies relating to categories of income and income recognition.

Nature of income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received, and the amount can be measured reliably.

Income recognition

Income is included in the Statement of Financial Activities (SoFA) when:

- the charity becomes entitled to the resources.
- it is more likely than not that the trustees will receive the resources.
- the monetary value can be measured with sufficient reliability.

Gift Aid

Gift Aid receivable is included in income when there is a valid declaration from the donor. Any Gift Aid amount recovered on a donation is considered to be part of that gift and is treated as an addition to the same fund as the initial donation unless the donor or the terms of the appeal have specified otherwise.

Grants and Donations

Grants and donations are only included in the SoFA when the general income recognition criteria are met (5.10 to 5.12 FRS102 SORP).

Donated goods, facilities and services

Donated services and facilities are included in the SOFA when received at the value of the gift to the charity provided the value of the gift can be measured reliably. Donated services and facilities that are consumed immediately are recognised as income with an equivalent amount recognised as an expense under the appropriate heading in the SOFA.

Volunteers

In accordance with the SORP, and in recognition of the difficulties in placing a monetary value on the contribution from volunteers, the contribution of volunteers is not included within the income of the charity. However, the trustees value the significant contribution made to the activities of the charity by unpaid volunteers, and this is described more fully in the Trustees Report.

Liability recognition

Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.

Governance and support costs

Support costs have been allocated between governance costs and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

Tangible Fixed Assets

Fixed Assets are recorded at cost of purchase less accumulated depreciation. The charity generally capitalises assets which meet or exceed a de minimis value of £1,000 and are likely to have a useful economic life of more than one year.

Depreciation

Depreciation of fixed assets is charged by annual amounts commencing in the year of acquisition at rates estimated to write off their cost, less any estimated residual value, over their expected useful lives. All assets are depreciated on a straight-line basis. A full year's depreciation is charged in the year of acquisition, and none in the year of disposal.

Computer Equipment 4 years

Taxation

As a registered charity, the organisation is exempt from income and corporation tax to the extent that its income and gains are applied towards the charitable objects of the charity and for no other purpose.

Winding up or dissolution of the charity

If upon winding up or dissolution of the charity there remain any assets, after the satisfaction of all debts and liabilities, the assets represented by the accumulated fund shall be transferred to some other charitable body or bodies having similar objects to the charity.

2. Income

Income for the comparative year to 31st May 2022 comprises unrestricted funds.

3. Going concern

The trustees assess whether the use of going concern is appropriate i.e., whether there are any material uncertainties related to events or conditions that may cast significant doubt on the ability of the charity to continue as a going concern. The trustees make this assessment in respect of a period of one year from the date of approval of the financial statements. The charity is a going concern and there are no material uncertainties relating to its going concern status.

4. These financial statements replace the original financial statements, are now the statutory financial statements and are prepared as they were at the date of the original financial statements.

5. Donated goods and services.

	Current year Unrestricted Funds	Current year Restricted Funds	Current year Total Funds
	2023	2023	2023
	£	£	£
Included in legacies and donations	-	-	-
Donated goods and services	-	-	-

6. Staff costs and emoluments

<i>Salary costs</i>	2023	2022
	£	£
Gross Salaries excluding trustees	46,500	64,987
Employers Pension	1,208	
Trustees' Remuneration		
Total salaries, wages, and related costs	<u>47,708</u>	<u>64,987</u>

Gross Salaries excludes employer's pension costs of £1,208

The charity anticipates making pension contributions to a defined contribution scheme during the 2023/24 financial year of £2,818

Numbers of full-time employees or full-time equivalents

The average number of total staff employed in the year was 1 1

There were no employees with emoluments above £60,000.

Trustees' expenses

There were no expenses paid to trustees during the financial year to 31st May 2023 (2022; £nil)

7. Creditors: amounts falling due within one year

	2023	2022
	£	£
Accruals	1,600	1,108
Other Taxes	-	8,815
Trade Creditors	-	-
Total Creditors	<u>1,600</u>	<u>9,923</u>

8. Fixed Assets

	Current Year IT Equipment	Prior Year Total
	2023 £	2022 £
At 1 st June 2022	1,099	1,099
Additions	-	-
Disposals	-	-
At the 31 st May 2023	1,099	1,099
Depreciation		
At 1 st June 2022	550	275
Accumulated Depreciation	275	275
Disposals	-	-
At the 31 st May 2023	825	550
Net Book Value		
At the 1 st June 2022	549	824
At the 31 st May 2023	274	549

9. Particulars of how particular funds are represented by assets and liabilities

	Unrestricted Funds £	Restricted Funds £	Total Funds £
At 31st May 2023			
Fixed Assets	274	-	274
Current Assets	70,384	-	70,384
Current Liabilities	1,669	-	1,669
	72,327	-	72,327

10. Analysis of Movements in funds over the year

	Income	Expenditure	Other Gains & Losses	Movement in Funds
	2023	2023	2023	2023
	£	£	£	£
Unrestricted and designated funds	103,382	83,394	-	19,988
Unrestricted revenue funds	103,382	83,394	-	19,988

11. Donations and Legacies

	Current year	Current year	Current year	Prior Year
	Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
	2023	2023	2023	2022
	£	£	£	£
Sanctuary Canada	90,343	-	90,343	120,603
Charitable Activities	13,000	-	13,000	1,127
Total Donations and Legacies	103,343	-	103,343	121,730

12. Expenditure on charitable activities Direct Spending

	Current year Unrestricted Funds	Current year Restricted Funds	Current year Total Funds	Prior Year Total Funds
	2023	2023	2023	2022
	£	£	£	£
Temporary Staff	17,794		17,794	10,180
Salaries	46,189		46,189	64,987
Total Direct Spending	63,983		63,983	75,167

13. Support costs for charitable activities

	Current year Unrestricted Funds	Current year Restricted Funds	Current year Total Funds	Prior Year Total Funds
	2023 £	2023 £	2023 £	2022 £
<i>Administrative Overheads</i>				
Accountancy Fees	492		492	1,685
Advertising	2,987		2,987	-
Depreciation	275		275	275
Donations	-		-	100
Event Costs	3,605		3,605	-
Information and publications	-		-	763
Insurance	-		-	-
Professional Fees	-		-	400
Rent	-		-	1,000
Software	35		35	4,260
Subscriptions	144		144	-
Training & Development	9,277		9,277	-
Travel Costs	1,533		1,533	718
Website and Marketing	-		-	6,260
<i>Financial costs</i>				
Bank charges	96		96	120
Total Support Costs	18,444		18,444	15,581

14. Governance Costs

	Current year Unrestricted Funds	Current year Restricted Funds	Current year Total Funds	Prior Year Total Funds
	2023 £	2023 £	2023 £	2022 £
Independent Examiner's fees	600		600	600
Trustees' expenses	-		-	-
Trustees' indemnity insurance	366		366	80
Total Governance costs	966		966	680

15. Related Party Transactions

None of the trustees have been paid any remuneration or received any other benefits from an employment with the charity or a related entity.

The charity received donations during the year of £90,343 from Sanctuary Mental Health Society Canada. The charity has an agency agreement with Sanctuary Canada to operate under the Sanctuary name in the UK. The Canadian charity provides financial support by way of voluntary donations but has no other financial relationship with the charity.

SANCTUARY MENTAL HEALTH SOCIETY

England & Wales - Charity number 1191490

Accounts

Sanctuary Mental Health Society
Company registration number: 12594940
Charity Registration Number: 1191490



Sanctuary Mental Health Society

Report & Financial Statements

for Year End

31st May 2022

Contents	Page
Charity Information	
Trustees Annual Report	3
Statement of Directors Responsibilities	8
Independent Examiner's report	10
Funds Statements	
Statement of Financial Activities	11
Income and Expenditure Account	12
Balance Sheet	13
Notes forming part of the financial statements	14-19

Sanctuary Mental Health Society
Company registration number: 12594940
Charity Registration Number: 1191490

Sanctuary Mental Health Society Report of the Trustees for the year ended 31 May 2022

The Trustees present their Report and Accounts for the year ended 31st May 2022, which also comprises the Directors' Report required by the Companies Act 2006.

Reference and Administrative Information

Charity Name: Sanctuary Mental Health Society

The charity also uses the name Sanctuary UK.

The charity's areas of operation and UK charitable registration. The charity is registered in England & Wales with charity number 1191490

Legal structure of the charity

The charity is constituted as a company limited by guarantee, registered under the Companies Act, its governing document is a Memorandum and Articles of Association under company legislation.

Charity registration number: 1191490
Company registration number: 12594940

Registered Office and operational address:
Knowle House, 38 York Road, York, YO24 4LZ

Board of Trustees

Mark Scott Nash
Eleanor Johnson
David Colin Logan

The trustees who served as a trustee in the reporting period were as shown above and there were no changes during the year, or in the period between the year end and the approval of the accounts. All the trustees are also members of the charity.

UK Director: Corin Pilling

Our Aims and Objective

Sanctuary Mental Health Ministries equips the Church to support mental health and wellbeing. We provide resources that meaningfully engage the topics of faith and mental health. Our content is developed in collaboration with theologians, psychologists, and people with lived experience of mental health challenges. These resources prepare communities of faith around the world to raise awareness, reduce stigma, support mental health, and promote mental wellbeing.

Our Values

We believe that caring for mental health and wellbeing is an important part of what it means to participate in Christ's redemptive work. Jesus came to invite all people into relationship with God, and as his disciples we are called to love one another and help one another recognize God's presence in every circumstance and experience, including the experience of mental health challenges. This is a call that requires not only profound compassion and hope, but also education and equipping. As our organization seeks to serve the Church and respond to this call, we are shaped by the following values.

Practicing Compassion

We seek to understand, care for, and honour others in all of our communications and relationships. This commitment reflects our recognition of the inherent value and dignity of every person made in the image of God.

Cultivating Hope

We desire to share the hope of the gospel in all that we do and with all whom we meet. This commitment reflects our belief that hope, and mental wellbeing are deeply connected.

Building Relationships

We aim to encourage and strengthen communities through sharing stories and knowledge. This commitment reflects our belief that healthy communities are vital in supporting and promoting mental health and wellbeing.

Pursuing Excellence

We strive to meet the highest standards in our research, resource development, and training services.

Demonstrating Integrity

We seek to be authentic in our words and actions, and trustworthy in our work and relationships.

Our charity's objects.

To advance the education of the church to be a sanctuary for all people at all stages of their mental wellness journey

Delivering on our aims

We will review our aims, objectives, and activities each year. The review will examine each key activity and their impact. The review will also help us ensure our aim, objectives and activities remained focused on our stated purposes.

Having referred to the guidance contained in the Charity Commission's general guidance on public benefit we review our aim and objectives when planning our future activities.

The focus of our work

Our main objectives focused on the promotion of free resources and training to support mental health awareness in churches.

We offered online training and events to support community wellbeing in the transition period out of the pandemic. We deliver training to church leaders and those in training for the ministry to develop mental health awareness and support for personal well-being.

In addition, we also seek to work in partnership with other charities to support the wellbeing of the whole church.

How our activities deliver public benefit

The launch of the new Sanctuary Course at the beginning of May 2022 proved to be a key resource to support church awareness on mental health. A free, film- based resource, The Sanctuary Course offered an accessible introduction into the mental health conversation. In tandem, we offered in- person training and an online offer, covering an introduction to mental health for leaders, and burnout prevention and recovery.

The main activities undertaken in relation to those purposes during the year:

The development and promotion of The Sanctuary Course, a refreshed 8 week introduction to mental health for the whole church- to tackle stigma and build awareness of opportunities for mutual support. Developing UK specific promotion of the course occupied the first months in 2022 and involved numerous media appearances and written articles.

Our resources and training

We continue bespoke training across multiple denominations and church networks- theological colleges, in the Baptist and Anglican training system. Our training focused on mental health awareness for ministry, burnout prevention, and sustaining wellbeing in the post- pandemic context. Notably, a partnership with St Paul's Cathedral led to the offer a public online workshop.

Financial Review

The charity's financial position at the end of the year ended 31st May 2022

During its second financial year to 31st May 2022 Sanctuary UK made a small surplus of £30,302, which combined with a surplus brought forward of £22,037 results in reserves carried forward into the 2022/23 financial year of £52,339.

Donations received during the financial year were primarily support from Sanctuary Canada plus smaller donations from events and supports. The charity is in a strong position to deliver its planned activities for 2022/23.

Having developed a hybrid approach to training, through online and in person events, we have found a way of delivering accessible training in the new post- pandemic landscape.

Principal Funding Sources

We began our second year with the generous support of the Benefact Trust, which will require match funding and is offered under a three-year programme. In addition, small grants and a growing pool of individual givers contributed to our running costs. Sanctuary Canada used donations to provide back-up support to ensure core costs were met.

Policies on reserves

The trustees have considered the level of reserves required to ensure the continued activities of the charity. Reserves are needed to meet the costs of ongoing activities and balancing any fluctuations in income and expenditure. Those costs are primarily the work of the staff delivery team, managing the design of educational resources, delivering events and workshops, church liaison and fundraising.

The trustees consider it is reasonable to hold reserves to meet day to day running costs for a period of three months, whilst further fundraising activity is undertaken. Reserves at 31st May 2022 totaled £52,339 and are considered to be sufficient when combined with incoming resources from committed donations in the early part of 2022/23 to support the continuing work for a further 6 – 12 months.

Availability and adequacy of assets of each of the funds

The board of trustees is satisfied that the charity's assets in each fund are available and adequate to fulfill its obligations in respect of each fund.

Plans for Future

In the coming year, we will continue to distribute and support communities to use The Sanctuary Course to further mental health awareness.

Sanctuary Mental Health Society
Company registration number: 12594940
Charity Registration Number: 1191490

We will pilot and evaluate training for leaders on the topic of wellbeing, and in addition we will consult with leaders representing BAME communities on the resources and their usability in the context of their community and ministries.

We will seek to identify three diocese where we can actively support the roll- out of The Sanctuary Course, where we hope to prove the efficacy of the model. As we explore mental health needs across the church communities, we plan to provide proactive support with those where mental health incidence is higher.

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The trustees' bankers and advisors

UK Director: Corin Pilling

Finance and Administration: Stephen Perry & Co, Chartered Management Accountants,
Knowle House, 38 York Road, York, YO24 4LZ

Bankers: CAF Bank Limited 25 Kings Hill Avenue, Kings Hill, West Malling, Kent ME19 4JQ.

Details of The Independent Examiner

Robert Woolley FCCA CTA

Fellow of the Association of Chartered Certified Accountants and Chartered Tax Advisor

Statement of Directors' and Trustees' Responsibilities

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Companies Act 2006, the Charities Act 2011 and the Charities: Statement of Recommended Practice (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK (FRS 102)) issued in October 2019 (Charities SORP (FRS 102)).

In particular, the Companies Act 2006 and charity law require the Board of Trustees to prepare. Financial statements for each financial year which give a true and fair view of the state of affairs of the charity as at the end of the financial year and of the surplus or deficit of the charity. In preparing those financial statements the Board is required to:

- prepare the accounts in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law).
- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.
- state whether applicable accounting standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements.

The law requires that the trustees must not approve the accounts unless they are satisfied that they give a true and fair view of the state of affairs of the charity and of the surplus or deficit of the charity for the year.

The Trustees are also responsible for maintaining adequate accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which are sufficient to show and explain the charity's transactions and enable them to ensure that the financial statements comply with the Companies Act 2006 and comply with regulations made under the Charities Act. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees are also responsible for the contents of the Trustees' report, and the statutory responsibility of the Independent Examiner in relation to the Trustees' report is limited to examining the report and ensuring that, on the face of the report, there are no material inconsistencies with the figures disclosed in the financial statements.

Method of preparation of accounts – small company provisions

The financial statements are set out on pages 11 to 19.

The financial statements have been prepared implementing the Charities: Statement of Recommended Practice (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK (FRS 102)) issued in October 2019 (Charities SORP (FRS 102) and the Companies Act 2006

These accounts have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies' subject to the small companies regime. This report was approved by the board of trustees on 28th February 2023.

Sanctuary Mental Health Society
Company registration number: 12594940
Charity Registration Number: 1191490

A handwritten signature in black ink, appearing to read 'Mark Nash', written in a cursive style.

Mark Nash
Director and Trustee

Report of the Independent Examiner to the Trustees of Sanctuary Mental Health Society on the accounts for the year ended 31st May 2022

I report on the financial statements of the charitable company on pages 11 to 19 for the year ended 31st May 2022.

Responsibilities and basis of report

As the charity's trustees of the Company (who are also the directors of the company for the purposes of company law), you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ("the 2006 Act"). Having satisfied myself that the accounts of the Company are not required to be audited for this year under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ("the 2011 Act"). In carrying out my examination, I have followed the Directions given by the Charity Commission (under section 145(5)(b) of the 2011 Act).

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention which gives me cause to believe that:

- accounting records were not kept in accordance with s386 of the Companies Act 2006; or
- the accounts do not accord with such records; or
- the accounts do not comply with relevant accounting requirements under s396 of the Companies Act 2006 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
- the accounts have not been prepared in accordance with the Charities SORP (FRS102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Robert Woolley FCCA CTA
Fellow Member of the Association of Chartered Certified Accountants and Chartered Tax
Advisor
Crown House, York Road
Skiptonthorpe
York
Y043 3PF

This report was signed on 28th February 2023

Statement of Financial Activities for the year ended 31st May 2022

	SORP	Current year	Current year	Current year	Prior year
	Ref	Unrestricted funds	Restricted funds	Total funds	Total funds
		2022	2022	2022	2021
		£	£	£	£
Income From					
Income & Endowments					
Donations & Legacies	A1	121,730		121,730	64,590
Government Grants	A5			-	
Total income	A	121,730		121,730	64,590
Expenditure On					
Cost of raising funds	B1			-	
Charitable activities	B2	91,428		91,428	42,553
Total expenditure	B	91,428		91,428	42,553
Net income for the year		30,302		30,302	22,037
Net income after transfers	A B C	30,302		30,302	22,037
Net movement in funds		30,302		30,302	22,037
Reconciliation of funds:	E				
Total funds brought forward		22,037		22,037	22,037
Total funds carried forward		52,339		52,339	22,037

Sanctuary Mental Health Society
Company registration number: 12594940
Charity Registration Number: 1191490

Income and Expenditure Account for the year ended 31st May 2022 as required by the Companies Act 2006

	2022	2021
	£	£
Income from Operations	121,730	64,590
Other Income	-	-
Interest Receivable	-	-
Gross Income in the year	<u>121,730</u>	<u>64,590</u>
Expenditure		
Charitable expenditure	90,748	42,153
Fundraising Costs	-	-
Governance Costs	680	400
Total Expenditure in the Year	<u>91,428</u>	<u>42,553</u>
Net income before tax in the Year	<u>30,302</u>	<u>22,037</u>
Tax on surplus on ordinary activities		
Net income after tax in the year	<u>30,302</u>	<u>22,037</u>

In accordance with the provisions of the Companies Act 2006, the headings and subheadings used in the Income and Expenditure account have been adapted to reflect the special nature of the charity's activities.

All activities derive from continuing operations.

Balance Sheet as at 31st May 2022

	SORP Ref	2022 £	2021 £
Fixed Assets	B	549	824
Current Assets			
Cash at Bank	B4	61,713	60,243
Creditors: amounts falling due within one year	C1	<u>(9,923)</u>	<u>(39,030)</u>
Net Current Assets		<u>51,790</u>	<u>21,213</u>
Total net assets of the charity		<u>52,339</u>	<u>22,037</u>

The total net assets of the charity are funded by the funds of the charity, as follows:

		2022 £	2021
Unrestricted Revenue Funds	12 D3	<u>52,339</u>	<u>22,037</u>
Total Charity Funds		<u>52,339</u>	<u>22,037</u>

The 'SORP Ref' indicated above is the classification of Balance Sheet items as set out in the formal SORP documents. As required by paragraph 4.60 of the SORP, the brought forward and carried forward funds above have been agreed to the SOFA.

The directors are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006. The members have not required the company to obtain an audit in accordance with section 476 of the Act.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The charity is subject to Independent Examination under charity legislation, and the report of the examiner is on page 10. The accounts have been prepared in accordance with the provisions in Part of the Companies Act 2006 applicable to company's subject to the small company's regime.



Mark Nash
Director and Trustee
Approved by the board of trustees on 28th February 2023

The notes attached on pages 14 to 19 form an integral part of these accounts.

1. Accounting policies

Policies relating to the production of the accounts.

Basis of preparation and accounting convention

The financial statements have been prepared in accordance with the Charities: Statement of Recommended Practice (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK (FRS 102)) issued in October 2019 (Charities SORP (FRS 102) and the Companies Act 2006.

The charity meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s). Policies relating to categories of income and income recognition.

Nature of income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Income recognition

Income is included in the Statement of Financial Activities (SoFA) when:

- the charity becomes entitled to the resources.
- it is more likely than not that the trustees will receive the resources;
- the monetary value can be measured with sufficient reliability.

Gift Aid

Gift Aid receivable is included in income when there is a valid declaration from the donor. Any Gift Aid amount recovered on a donation is considered to be part of that gift and is treated as an addition to the same fund as the initial donation unless the donor or the terms of the appeal have specified otherwise.

Grants and Donations

Grants and donations are only included in the SoFA when the general income recognition criteria are met (5.10 to 5.12 FRS102 SORP).

Donated goods, facilities and services

Donated services and facilities are included in the SOFA when received at the value of the gift to the charity provided the value of the gift can be measured reliably. Donated services and facilities that are consumed immediately are recognised as income with an equivalent amount recognised as an expense under the appropriate heading in the SOFA.

Volunteers

In accordance with the SORP, and in recognition of the difficulties in placing a monetary value on the contribution from volunteers, the contribution of volunteers is not included within the income of the charity. However, the trustees value the significant contribution made to the activities of the charity by

unpaid volunteers and this is described more fully in the Trustees Report.

Liability recognition

Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.

Governance and support costs

Support costs have been allocated between governance costs and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

Tangible Fixed Assets

Fixed Assets are recorded at cost of purchase less accumulated depreciation. The charity generally capitalises assets which meet or exceed a de minimis value of £1,000 and are likely to have a useful economic life of more than one year.

Depreciation

Depreciation of fixed assets is charged by annual amounts commencing in the year of acquisition at rates estimated to write off their cost, less any estimated residual value, over their expected useful lives. All assets are depreciated on a straight-line basis. A full year's depreciation is charged in the year of acquisition, and none in the year of disposal. Depreciation may be accelerated where it is known in advance that an asset will be disposed of.

Computer Equipment 4 years

Taxation

As a registered charity, the organisation is exempt from income and corporation tax to the extent that its income and gains are applied towards the charitable objects of the charity and for no other purpose. Value Added Tax is not recoverable by the charity and is therefore included in the relevant costs in the Statement of Financial Activities.

2. Winding up or dissolution of the charity

If upon winding up or dissolution of the charity there remain any assets, after the satisfaction of all debts and liabilities, the assets represented by the accumulated fund shall be transferred to some other charitable body or bodies having similar objects to the charity.

3. Income

Income for the comparative year to 31st May 2021 comprises unrestricted funds.

4. Going concern

The trustees assess whether the use of going concern is appropriate i.e., whether there are any material uncertainties related to events or conditions that may cast significant doubt on the ability of the charity to continue as a going concern. The trustees make this assessment in respect of a period of one year from the date of approval of the financial statements. The charity is a going concern and there are no material uncertainties relating to its going concern status.

5. Donated goods and services.

	Current year Unrestricted Funds	Current year Restricted Funds	Current year Total Funds
	2022	2022	2022
	£	£	£
Included in legacies and donations			0
Donated goods and services			0

6. Staff costs and emoluments

<i>Salary costs</i>	2022	2021
	£	£
Gross Salaries excluding trustees	64,987	3,875
Trustees' Remuneration		
Total salaries, wages, and related costs	64,987	3,875

Gross Salaries includes employer's pension costs of £1,308 (2021 - £0)

The charity anticipates making pension contributions to a defined contribution scheme during the 2022/23 financial year of £1,342.

Numbers of full-time employees or full time equivalents

The average number of total staff employed in the year was 2 1

There were no employees with emoluments above £60,000.

Trustees' expenses

There were no expenses paid to trustees during the financial year to 31st May 2022 (2021; £nil)

7. Creditors: amounts falling due within one year

	2022	2021
	£	£
Accruals	1,108	38,305
Other Taxes	8,815	725
Trade Creditors	-	-
Total Creditors	9,923	39,030

8. Fixed Assets

	Current Year IT Equipment £	Prior Year Total £
	2022	2021
	£	£
At 1 st June 2021	1,099	-
Additions	-	1,099
Disposals	-	-
At the 31 st May 2022	1,099	1,099
Depreciation		
At 1 st June 2021	275	
Accumulated Depreciation	275	275
Disposals	-	-
At the 31 st May 2022	550	275
Net Book Value		
At the 1 st June 2021	824	-
At the 31 st May 2022	549	824

9. Particulars of how particular funds are represented by assets and liabilities

	Unrestricted Funds	Restricted Funds	Total Funds
	£	£	£
At 31st May 2022			
Fixed Assets	549	-	549
Current Assets	61,713	-	61,713
Current Liabilities	(9,923)	-	(9,923)
	52,339	-	52,339

10. Analysis of Movements in funds over the year

	Income	Expenditure	Other Gains & Losses	Movement in Funds
	2022	2022	2022	2022
	£	£	£	£
Unrestricted and designated funds	121,730	91,428	-	30,302
Unrestricted revenue funds	121,730	91,428	-	30,302

11. Donations and Legacies

	Current year	Current year	Current year	Prior Year
	Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
	2022	2022	2022	2021
	£	£	£	£
Sanctuary Canada	120,603	-	120,603	63,754
Other Smaller Donations, less than £1000	1,127	-	1,127	836
Total Donations and Legacies	121,730	-	121,730	64,590

12. Expenditure on charitable activities Direct Spending

	Current year	Current year	Current year	Prior Year
	Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
	2022	2022	2022	2021
	£	£	£	£
Temporary Staff	10,180	-	10,180	35,933
Salaries	64,987	-	64,987	3,875
Total Direct Spending	75,166	-	75,166	39,808

13. Support costs for charitable activities

	Current year Unrestricted Funds	Current year Restricted Funds	Current year Total Funds	Prior Year Total Funds
	2022 £	2022 £	2022 £	2021 £
<i>Administrative Overheads</i>				
Accountancy Fees	1,685		1,685	443
Depreciation	275		275	274
Donations	100		100	
Information and publications	763		763	400
Insurance			-	
Professional Fees	400		400	
Rent	1,000		1,000	
Software	4,260		4,260	
Travel Costs	718		718	
Website and Marketing	6,260		6,260	1,125
<i>Financial costs</i>				
Bank charges	120		120	103
Total Support Costs	15,581	-	15,581	2,345

14. Governance Costs

	Current year Unrestricted Funds	Current year Restricted Funds	Current year Total Funds	Prior Year Total Funds
	2022 £	2022 £	2022 £	2021 £
Independent Examiner's fees	600		600	400
Trustees' expenses	0		0	0
Trustees' indemnity insurance	80		80	0
Total Governance costs	680	-	680	400

SANCTUARY MENTAL HEALTH SOCIETY

England & Wales - Charity number 1191490

Accounts

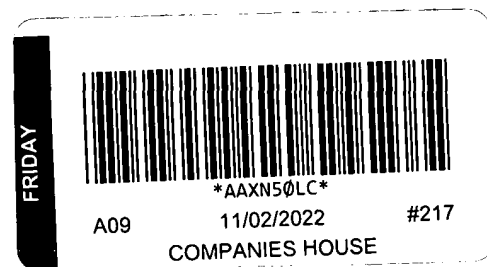
Sanctuary Mental Health Society (UK)
Company registration number: 12594940
Charity Registration Number: 1191490
Financial Statements for the year ending 31st May 2021



Sanctuary Mental Health Society
(a company limited by guarantee)

Report of the Trustees
And Unaudited Financial Statements
for the Period Ending

31st May 2021



Sanctuary Mental Health Society (UK)
Company registration number: 12594940
Charity Registration Number: 1191490
Financial Statements for the year ending 31st May 2021

Contents	Page
Charity Information	
Trustees Annual Report	3
Statement of Directors Responsibilities	9
Independent Examiner's report	11
Funds Statements	
Statement of Financial Activities	13
Income and Expenditure Account	15
Balance Sheet	16
Notes forming part of the financial statements	17

Sanctuary Mental Health Society (UK)
Company registration number: 12594940
Charity Registration Number: 1191490
Financial Statements for the year ending 31st May 2021

Sanctuary Mental Health Society Report of the Trustees for the year ended 31 May 2021

The Trustees present their Report and Accounts for the year ended 31st May 2021, which also comprises the Directors' Report required by the Companies Act 2006.

Reference and Administrative Information

Charity Name: Sanctuary Mental Health Society

The charity's areas of operation and UK charitable registration. The charity is registered in England & Wales with charity number 1191490

Legal structure of the charity

The charity is constituted as a company limited by guarantee, registered under the Companies Act, its governing document is a Memorandum and Articles of Association under company legislation.

Charity registration number: 1191490
Company registration number: 12594940

Registered Office and operational address: Chantry House, 22 Upperton Road, Eastbourne, East Sussex, United Kingdom, BN21 1BF

All trustees are individuals and are members of the charity.

Board of Trustees

Mark Scott Nash
Eleanor Johnson
David Colin Logan

The trustees who served as a trustee in the reporting period were as shown above and there were no changes during the year, or in the period between the year end and the approval of the accounts. All the trustees are also members of the charity

Head of UK Operations: Corin Pilling

Sanctuary Mental Health Society (UK)
Company registration number: 12594940
Charity Registration Number: 1191490
Financial Statements for the year ending 31st May 2021

Our Aims and Objectives

Sanctuary Mental Health Ministries equips the Church to support mental health and wellbeing. We provide resources that meaningfully engage the topics of faith and mental health. Our content is developed in collaboration with theologians, psychologists, and people with lived experience of mental health challenges. These resources prepare communities of faith around the world to raise awareness, reduce stigma, support mental health, and promote mental wellbeing.

Our Values

We believe that caring for mental health and wellbeing is an important part of what it means to participate in Christ's redemptive work. Jesus came to invite all people into relationship with God, and as his disciples we are called to love one another and help one another recognize God's presence in every circumstance and experience, including the experience of mental health challenges. This is a call that requires not only profound compassion and hope, but also education and equipping. As our organization seeks to serve the Church and respond to this call, we are shaped by the following values.

Practicing Compassion

We seek to understand, care for, and honour others in all of our communications and relationships. This commitment reflects our recognition of the inherent value and dignity of every person made in the image of God.

Cultivating Hope

We desire to share the hope of the gospel in all that we do and with all whom we meet. This commitment reflects our belief that hope and mental wellbeing are deeply connected.

Building Relationships

We aim to encourage and strengthen communities through sharing stories and knowledge. This commitment reflects our belief that healthy communities are vital in supporting and promoting mental health and wellbeing.

Pursuing Excellence

We strive to meet the highest standards in our research, resource development, and training services.

Demonstrating Integrity

We seek to be authentic in our words and actions, and trustworthy in our work and relationships.

Our charity's objects as set out in our memorandum of understanding

Sanctuary Mental Health Society (UK)
Company registration number: 12594940
Charity Registration Number: 1191490
Financial Statements for the year ending 31st May 2021

- To advance the education of the church to be a sanctuary for all people at all stages of their mental wellness journey

Delivering on our aims

We will review our aims, objectives and activities each year. The review will examine each key activity and their impact. The review will also help us ensure our aim, objectives and activities remained focused on our stated purposes. Having referred to the guidance contained in the Charity Commission's general guidance on public benefit we review our aim and objectives when planning our future activities.

The focus of our work

Our main objectives focused on the promotion of free resources to support both awareness and response to mental health challenges in the context of church.

Our material focuses both on direct engagement on the topics of mental health and wellbeing, and also material which aims to engage a broader audience by incorporating elements of this teaching into material focused on a broad audience.

We deliver training to church leaders, those in training, and the church involved to develop mental health awareness for those in ministry.

In addition, we also seek to work in partnership with other charities to support the wellbeing of the whole church.

How our activities deliver public benefit

The first year of Sanctuary UK proved both timely and challenging in its delivery of resources and support to the church and those in leadership. To engage with mental health in a pandemic offered both an audience attuned to the issues and also a dynamic environment to pitch resources and training responsive to the changing context.

The main activities undertaken in relation to those purposes during the year:

To this end, we promoted The Sanctuary Course, an 8 week introduction to mental health for the whole church- to tackle stigma and build awareness of opportunities for mutual support.

We provided a resource to tackle the impact of the pandemic on mental health: Faith, Grief & Covid 19.

We offered a resource for Church leaders to raise awareness of burnout for those who are in church leadership: ~Deeply Rooted.

Sanctuary Mental Health Society (UK)
Company registration number: 12594940
Charity Registration Number: 1191490
Financial Statements for the year ending 31st May 2021

We pioneered an app to start conversations about wellbeing involving a game: Together Again.

The Contribution of Volunteers during the year

The charity's governing body are all volunteers. It also utilises the service of a small number of regular volunteers in its day to day running.

Our resources and training

We delivered bespoke training across multiple denominations and church networks- theological colleges, in the Baptist and Anglican training system. Our training focused on mental health awareness for ministry, burnout prevention, and sustaining wellbeing in the pandemic context. In addition, we grew a mailing list of 2200 subscribers by the end of our first year of operating.

Financial Review

The charity's financial position at the end of the year ended 31st May 2021

	2021
	£
Net income / (expenditure)	22,037

Unrestricted Reserve Funds available for the general purposes of the charity	22,037

Total Funds	22,037

Sanctuary UK has been seed-funded to establish its UK work, and this year we have primarily focused on operations and delivery. Another year of this seed-funding is available and during the year ahead we will diversify our income sources, with a particular focus on grant-funding.

The surplus carried forward of £22,037 combined with committed donations received shortly after the financial year end, puts the charity in a good position to deliver its planned activities for 2021/22 subject to the restrictions on holding events in person brought about by the pandemic.

The impact of the Coronavirus pandemic on the charity has been primarily to curtail its operational activities preventing in person meetings, with its events and workshops being delivered online wherever possible.

Sanctuary Mental Health Society (UK)
Company registration number: 12594940
Charity Registration Number: 1191490
Financial Statements for the year ending 31st May 2021

Principal Funding Sources

We are presently supported by a major donor and have also drawn income from training delivery and speaking engagements. In addition, Individual Giving has also contributed to our running costs.

Policies on reserves

The trustees have considered the level of reserves required to ensure the continued activities of the charity. Reserves are needed to meet the costs of ongoing activities and balancing any fluctuations in income and expenditure. Those costs are primarily the work of the staff delivery team, managing the design of educational resources, delivering events and workshops, church liaison and fundraising.

The trustees consider it is reasonable to hold reserves to meet these costs for three months, whilst further fundraising activity is undertaken. The reserves at 31st May 2021 £22,037 are appropriate and sufficient when combined with incoming resources from committed donations in the early part of 2021/22 to support the continuing work for a further 6 – 12 months.

Availability and adequacy of assets of each of the funds

The board of trustees is satisfied that the charity's assets in each fund are available and adequate to fulfil its obligations in respect of each fund.

Plans for Future

In the coming year, our primary plan is to launch a new Sanctuary course- a reviewed version offering a film- based approach to the mental health discussion. Numerous resources will accompany this, including a community development resource to support practical implementation

As we explore mental health needs across the church communities, we plan to provide proactive support with those where mental health incidence is higher.

Structure, Governance and Governing Document

The organisation is a charitable company limited by guarantee, incorporated on 11th May 2020 and registered as a charity on 28th September 2020. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

The directors of the company are also charity trustees for the purposes of charity law and under the company's Articles are known as members of the Board of Trustees. All members of the Board give their time voluntarily and receive no benefits from the charity. Any expenses reclaimed from the charity are set out in note 7 to the accounts.

Sanctuary Mental Health Society (UK)
Company registration number: 12594940
Charity Registration Number: 1191490
Financial Statements for the year ending 31st May 2021

Organisational Structure

Sanctuary Mental Health Society has a Board of Trustees of up to 12 members who meet quarterly and are responsible for the strategic direction and policy of the charity. At present the Committee has three members from a variety of professional backgrounds relevant to the work of the charity. Day to day responsibility for the provision of the services rest with the UK Director. The Director is responsible for ensuring that the charity delivers the services specified and that key performance indicators are met.

Recruitment and Appointment of Trustees

Trustees are sought primarily through the introduction and referrals of its Board. The charity will also seek to advertise any trustee vacancies in 2021/22 and to develop the range of skills and experience on the Board.

The trustees' bankers and advisors

Head of UK Operations: Corin Pilling
Finance and Administration: Stephen Perry & Co, Chartered Management Accountants, 38 York Road, York, YO24 4LZ
Bankers: CAF Bank Limited 25 Kings Hill Avenue, Kings Hill, West Malling, Kent ME19 4JQ.

Details of The Independent Examiner

Robert Woolley FCCA CTA
Fellow Member of the Association of Chartered Certified Accountants and Chartered Tax Advisor

Sanctuary Mental Health Society (UK)
Company registration number: 12594940
Charity Registration Number: 1191490
Financial Statements for the year ending 31st May 2021

Statement of Directors' and Trustees' Responsibilities

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Companies Act 2006, the Charities Act 2011 and the Charities: Statement of Recommended Practice (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK (FRS 102)) issued in October 2019 (Charities SORP (FRS 102)).

In particular, the Companies Act 2006 and charity law require the Board of Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity as at the end of the financial year and of the surplus or deficit of the charity. In preparing those financial statements the Board is required to:

- prepare the accounts in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law).
- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.
- state whether applicable accounting standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements.

The law requires that the trustees must not approve the accounts unless they are satisfied that they give a true and fair view of the state of affairs of the charity and of the surplus or deficit of the charity for the year.

The Trustees are also responsible for maintaining adequate accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which are sufficient to show and explain the charity's transactions and enable them to ensure that the financial statements comply with the Companies Act 2006 and comply with regulations made under the Charities Act. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees are also responsible for the contents of the Trustees' report, and the statutory responsibility of the Independent Examiner in relation to the Trustees' report is limited to examining the report and ensuring that, on the face of the report, there are no material inconsistencies with the figures disclosed in the financial statements.

Method of preparation of accounts - Small company provisions

The financial statements are set out on pages 13 to 22.

The financial statements have been prepared implementing the Charities: Statement of Recommended Practice (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK (FRS 102)) issued in October 2019 (Charities SORP (FRS 102)) and the Companies Act 2006

Sanctuary Mental Health Society (UK)
Company registration number: 12594940
Charity Registration Number: 1191490
Financial Statements for the year ending 31st May 2021

These accounts have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies' subject to the small companies regime. This report was approved by the board of trustees on 9th February 2022.

A handwritten signature in black ink, appearing to be 'Mark Nash', written in a cursive style.

Mark Nash
Director and Trustee

Sanctuary Mental Health Society (UK)
Company registration number: 12594940
Charity Registration Number: 1191490
Financial Statements for the year ending 31st May 2021

Report of the Independent Examiner to the Trustees of the charitable company on the accounts for the year ended 31st May 2021

I report on the financial statements of the charitable company on pages 13 to 22 for the year ended 31st May 2021, which have been prepared in accordance with the Charities Act 2011 (the Act) and with the Charities: Statement of Recommended Practice (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK (FRS 102)) issued in October 2019 (Charities SORP (FRS 102) and the Companies Act 2006), under the historical cost convention and the accounting policies set out on page 17.

Respective responsibilities of Trustees and Independent Examiner

As described on page 9, the charitable company's Trustees, who are also the Directors of the Company for the purposes of Company law, are responsible for the preparation of the financial statements.

The Trustees consider that the audit requirement of Section 144(1) of the Charities Act 2011 (the Act) does not apply, and that there is no requirement in the memorandum and articles of the charity for the conducting of an audit, and that the accounts do not require an audit in accordance with Part 16 of the Companies Act 2006 and that no member or members have requested an audit pursuant to section 476 of the Companies Act 2006. As a consequence, the Trustees have elected that the financial statements be subject to independent examination.

Having satisfied myself that the charity is not subject to audit under any legal provision, or otherwise, and is eligible for independent examination, it is my responsibility to:

- a) examine the accounts under section 145 of the Act;
- b) follow the procedures in the General Directions given by the Charity Commission under section 145(5)(b) of the Act; and;
- c) state whether particular matters have come to my attention.

Basis of Examiner's Statement and scope of work undertaken

I conducted my examination in accordance with the General Directions issued by the Charity Commission for England & Wales, under section 145(5)(b) of the Act, setting out the duties of an Independent Examiner in relation to the conducting of an Independent Examination. An Independent Examination includes a review of the accounting records kept by the charitable company and of the accounting systems employed by the charitable company and a comparison of the financial statements presented with those records. It also includes consideration of any unusual items or disclosures in the financial statements, and seeking explanations from you, as Trustees, concerning such matters. The purpose of the examination is to establish as far as possible that there have been no breaches of charity legislation and that the financial statements comply with the SORP, on a test basis, of evidence relevant to the amounts and disclosures in the financial statements.

The procedures undertaken do not provide all the evidence that would be required in an audit, and information supplied by the Trustees in the course of the examination is not subjected to audit tests or enquiries, and consequently I do not express an audit opinion on the view given by the financial statements, and in particular, I express no opinion as to whether the financial

Sanctuary Mental Health Society (UK)
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Financial Statements for the year ending 31st May 2022

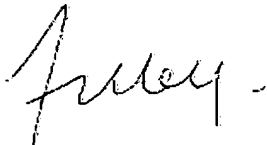
statements give a true and fair view of the affairs of the charity, and my report is limited to the matters set out in the statement below.

I planned and performed my examination so as to satisfy myself that the objectives of the Independent Examination are achieved and before finalising the report I obtained written assurances from the Trustees of all material matters.

In accordance with Regulation 31 of The Charities (Accounts and Reports) Regulations 2008, (The Regulations) the accounts of this charitable company are not required to be audited under Part 16 of the Companies Act 2006.

This is a report in respect of an examination carried out under section 145 of the Act and in accordance with any directions given by the Commission under subsection (5) (b) of that section which are applicable; and that, no matter has come to my attention in connection with my examination which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 386 of the Companies Act 2006 and section 130 of the Charities Act 2011;
- to prepare financial statements which accord with the accounting records and comply with the accounting requirements of section 396 of the Companies Act 2006 and The Charities Act 2011 and;
- that the financial statements be prepared in accordance with the methods and principles set out in the Statement of Recommended Practice - Accounting and Reporting by Charities applicable in the UK (FRS 102) issued in October 2019 (Charities SORP (FRS 102) have not been met or to which, in my opinion, attention should be drawn in my report in order to enable proper understanding of the accounts to be reached;



Robert Woolley FCCA CTA

Fellow Member of the Association of Chartered Certified Accountants and Chartered Tax Advisor

Crown House,
York Road
Shiptonthorpe
York
East Yorkshire
YO43 3PF

This report was signed on 9th February 2022

Sanctuary Mental Health Society (UK)
 Company registration number: 12594940
 Charity Registration Number: 1191490
 Financial Statements for the year ending 31st May 2021

Statement of Financial Activities for the year ended 31st May 2021

	SORP	Current year	Current year	Current year
	Ref	Unrestricted funds	Restricted funds	Total funds
		2021	2021	2021
		£	£	£
Income				
Donations & Legacies	A1	64,590	-	64,590
Government Grants	A5		-	
Total income	A	64,590		64,590
Expenditure				
Cost of raising funds	B1		-	
Charitable activities	B2	42,553	-	42,553
Total expenditure	B	22,037		22,037
Net income for the year	A	22,037		22,037
Net movement in funds	B	22,037		22,037
Total funds carried forward		22,037		22,037

Notes on pages 17 to 22 form an integral part of these accounts

Sanctuary Mental Health Society (UK)
Company registration number: 12594940
Charity Registration Number: 1191490
Financial Statements for the year ending 31st May 2021

Resources applied in the year ended 31st May 2021

	2021
	£
Funds generated in the year as detailed in the SOFA	22,037
Net resources available to fund charitable activities	22,037

The notes attached on pages 17 to 22 form an integral part of these accounts.

Sanctuary Mental Health Society (UK)
Company registration number: 12594940
Charity Registration Number: 1191490
Financial Statements for the year ending 31st May 2021

Income and Expenditure Account for the year ended 31st May 2021 as required by the Companies Act 2006

	2021
	£
Income from Operations	64,590
Other Income	
Interest Receivable	
Gross Income in the year	<u>64,590</u>
Expenditure	
Charitable expenditure	42,153
Fundraising Costs	
Governance Costs	<u>400</u>
Total Expenditure in the Year	<u>22,037</u>
Net income before tax in the Year	<u>22,037</u>
Tax on surplus on ordinary activities	
Net income after tax in the year	<u>22,037</u>

In accordance with the provisions of the Companies Act 2006, the headings and subheadings used in the Income and Expenditure account have been adapted to reflect the special nature of the charity's activities.

All activities derive from continuing operations.

Notes on pages 17 to 22 form an integral part of these accounts

Sanctuary Mental Health Society (UK)
 Company registration number: 12594940
 Charity Registration Number: 1191490
 Financial Statements for the year ending 31st May 2021

Balance Sheet as at 31st May 2021

	SORP Ref	2021 £
Fixed Assets Current Assets	B	824
Cash at Bank	B4	60,243
Creditors: amounts falling due within one year	C1	<u>(39,030)</u>
Net Current Assets		<u>22,037</u>
Total net assets of the charity		<u>22,037</u>

The total net assets of the charity are funded by the funds of the charity, as follows:

		2021 £
Unrestricted Revenue Funds	12 D3	<u>22,037</u>
Total charity funds		<u>22,037</u>

The 'SORP Ref' indicated above is the classification of Balance Sheet items as set out in the formal SORP documents. As required by paragraph 4.60 of the SORP, the brought forward and carried forward funds above have been agreed to the SOFA.

The directors are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

The members have not required the company to obtain an audit in accordance with section 476 of the Act.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The charity is subject to Independent Examination under charity legislation, and the report of the examiner is on page 13.

The accounts have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to company's subject to the small company's regime.



Mark Nash
 Director and Trustee
 Approved by the board of trustees on 9th February 2022

Sanctuary Mental Health Society (UK)
Company registration number: 12594940
Charity Registration Number: 1191490
Financial Statements for the year ending 31st May 2021

Notes on pages 17 to 22 form an integral part of these accounts

The notes attached on pages 17 to 22 form an integral part of these accounts.

1 Accounting policies

Policies relating to the production of the accounts.

Basis of preparation and accounting convention

The financial statements have been prepared in accordance with the Charities: Statement of Recommended Practice (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK (FRS 102)) issued in October 2019 (Charities SORP (FRS 102) and the Companies Act 2006.

Sanctuary Mental Health Society meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s). Policies relating to categories of income and income recognition.

Nature of income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Income recognition

Income is included in the Statement of Financial Activities (SoFA) when:

- the charity becomes entitled to the resources;
- it is more likely than not that the trustees will receive the resources;
- the monetary value can be measured with sufficient reliability.

Gift Aid

Gift Aid receivable is included in income when there is a valid declaration from the donor. Any Gift Aid amount recovered on a donation is considered to be part of that gift and is treated as an addition to the same fund as the initial donation unless the donor or the terms of the appeal have specified otherwise.

Grants and Donations

Grants and donations are only included in the SoFA when the general income recognition criteria are met (5.10 to 5.12 FRS102 SORP).

Donated goods, facilities and services

Donated services and facilities are included in the SOFA when received at the value of the gift to the charity provided the value of the gift can be measured reliably. Donated services and facilities that are consumed immediately are recognised as income with an equivalent amount recognised as an expense under the appropriate heading in the SOFA.

Sanctuary Mental Health Society (UK)
Company registration number: 12594940
Charity Registration Number: 1191490
Financial Statements for the year ending 31st May 2021

Government Grants

The charity has received government grants in the reporting period. Grants received are recognised in the period in which they become receivable.

Volunteers

In accordance with the SORP, and in recognition of the difficulties in placing a monetary value on the contribution from volunteers, the contribution of volunteers is not included within the income of the charity. However, the trustees value the significant contribution made to the activities of the charity by unpaid volunteers and this is described more fully in the Trustees Report.

Liability recognition

Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.

Governance and support costs

Support costs have been allocated between governance costs and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

Tangible Fixed Assets

Fixed Assets are recorded at cost of purchase less accumulated depreciation. The Church generally capitalises assets which meet or exceed a de minimis value of £1,000 and are likely to have a useful economic life of more than one year.

Depreciation

Depreciation of fixed assets is charged by annual amounts commencing in the year of acquisition at rates estimated to write off their cost, less any estimated residual value, over their expected useful lives. All assets are depreciated on a straight-line basis with assumed useful economic lives of between four and ten years, dependent on the individual asset. A full year's depreciation is charged in the year of acquisition, and none in the year of disposal. Depreciation may be accelerated where it is known of in advance that an asset will be disposed of.

All other assets 4 years

2 Liability to taxation

As a registered charity, the organisation is exempt from income and corporation tax to the extent that its income and gains are applied towards the charitable objects of the charity and for no other purpose. Value Added Tax is not recoverable by the charity and is therefore included in the relevant costs in the Statement of Financial Activities.

Sanctuary Mental Health Society (UK)
 Company registration number: 12594940
 Charity Registration Number: 1191490
 Financial Statements for the year ending 31st May 2021

3 Winding up or dissolution of the charity

If upon winding up or dissolution of the charity there remain any assets, after the satisfaction of all debts and liabilities, the assets represented by the accumulated fund shall be transferred to some other charitable body or bodies having similar objects to the charity.

4 Government Grants

The charity received no government grants during the financial year.

5. Donated goods, services and facilities

	Current year Unrestricted Funds 2021 £	Current year Restricted Funds 2021 £	Current year Total Funds 2021 £
Donated goods and services			0

6. Staff costs and emoluments

<i>Salary costs</i>	2021 £
Gross Salaries excluding trustees	3,875
Trustees' Remuneration	0
Total salaries, wages and related costs	<u>3,875</u>

7. Trustees' expenses

The expenses reimbursed to trustees, or paid directly to third parties, is shown below.

	2021 £
The amount reimbursed to trustees	nil
The number of trustees to whom expenses were reimbursed	nil

Sanctuary Mental Health Society (UK)
 Company registration number: 12594940
 Charity Registration Number: 1191490
 Financial Statements for the year ending 31st May 2021

8. Fixed Assets

	IT Equipment £	Total £
At the beginning of the year		
Additions	1,099	1,099
Disposals		
At end of the year	1,099	1,099
Depreciation		
At the beginning of the year		
Depreciation	275	275
Disposal		-
At end of the year	275	275
Net Book Value		
At the beginning of the year	0	0
At the end of the year	824	824

9. Creditors: amounts falling due within one year

	2021 £
Accruals	38,305
Other Taxes	725
Trade Creditors	0
Total Creditors	39,030

10. Particulars of how particular funds are represented by assets and liabilities

At 31 st May 2021	Unrestricted Funds £	Restricted Funds £	Total Funds £
Fixed Assets	824		824
Current Assets	60,243		60,243
Current Liabilities	(39,030)	-	(39,030)
	22,037	-	22,037

Sanctuary Mental Health Society (UK)
 Company registration number: 12594940
 Charity Registration Number: 1191490
 Financial Statements for the year ending 31st May 2021

11. Analysis of movements in funds over the year

	Income	Expenditure	Other Gains & Losses	Movement in Funds
	2021 £	2021 £	2021 £	2021 £
Unrestricted and designated funds	64,590	(42,533)		22,037
Unrestricted revenue fund	64,590	(4,533)		22,037

12. Donations and Legacies

	Current year Unrestricted Funds 2021 £	Current year Restricted Funds 2021 £	Current year Total Funds 2021 £
Sanctuary Canada	63,754		63,754
Other smaller donations, less than £1,000	836		836
<i>Total donations and gifts from individuals</i>	64,590	-	64,590
Total Donations and Legacies	64,590		64,590

13. Expenditure on charitable activities Direct spending

	Current year Unrestricted Funds 2021 £	Current year Restricted Funds 2021 £	Current year Total Funds 2021 £
Temporary Staff	35,933		35,933
Salaries	3,875		3,875
Total Direct Spending	39,808		39,808

Sanctuary Mental Health Society (UK)
 Company registration number: 12594940
 Charity Registration Number: 1191490
 Financial Statements for the year ending 31st May 2021

14. Support costs for charitable activities

	Current year Unrestricted Funds 2021 £	Current year Restricted Funds 2021 £	Current year Total Funds 2021 £
<i>Administrative overheads</i>			
Information and publications	400		400
Website and Marketing	1125		1125
Accountancy fees	443		443
Depreciation	274		274
<i>Financial costs</i>			
Bank charges	103		103
Total support costs	2,345		2,345

The basis of allocation of costs between activities is described under accounting policies

15. Other Expenditure Governance costs

	Current year Unrestricted Funds 2021 £	Current year Restricted Funds 2021 £	Current Year Total Funds 2021 £
Independent Examiner's fees	400	-	400
Trustees' expenses		-	
Trustees' indemnity insurance		-	
Total Governance costs	400	-	400