



Sanctuary Mental Health Society

Report & Financial Statements

for Year End

31st May 2022

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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.

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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 2022/22 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 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', with a stylized, cursive script.

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

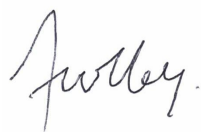
As the charity's trustees of the Company (who are also the directors of the company for the purposes of company law), you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ("the 2006 Act"). Having satisfied myself that the accounts of the 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
YO43 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

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 of 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 2022 £	Expenditure 2022 £	Other Gains & Losses 2022 £	Movement in Funds 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