



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.



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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

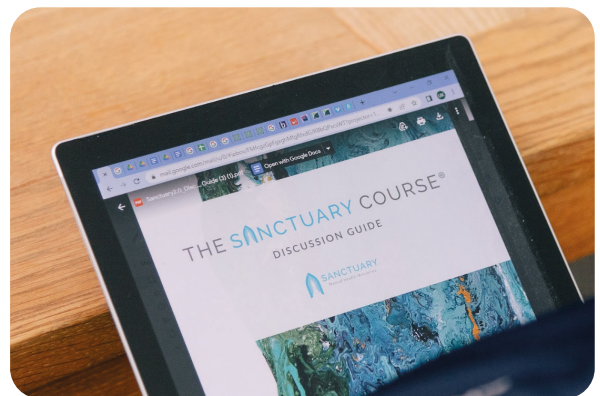
Charitable Objects

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
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