

Mental Aid Ltd
Company Limited by Guarantee
Unaudited Financial Statements
31 July 2025

WARREN & CO LTD
Chartered Certified Accountants
1A Poppleton Road
London
E11 1LP

Mental Aid Ltd

Company Limited by Guarantee

Financial Statements

Year ended 31 July 2025

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Mental Aid Ltd

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Trustees' Annual Report (Incorporating the Director's Report)

Year ended 31 July 2025

The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the year ended 31 July 2025.

Reference and administrative details

Registered charity name	Mental Aid Ltd
Charity registration number	1192532
Company registration number	11442075
Principal office and registered office	49 Waddington Road London E15 1QL

The trustees

Mr J Goodall
Mr H Morano
Ms E Ordonez

Accountants

Warren & Co Ltd
Chartered Certified Accountants
1A Poppleton Road
London
E11 1LP

Structure, governance and management

The approved members of the board of trustees of the charity at the date of the report and accounts were:

Mr Joe Goodall
Mr Hans Morano
Ms Ella Ordonez

All the trustees of the charity are also directors of the company and their responsibilities include all of the responsibilities of directors under the companies act and of trustees under the charities act. The principal funding sources are donation from individuals. No salary is paid to trustees; they all work on a voluntary basis. All funds are used for project work as per our charitable objects.

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Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 July 2025

Objectives and activities

The objects of the charity, as set out in the Articles of Association, are: Supporting people with mental illnesses to get back into employment and integrate into society by both supporting sufferers and raising awareness with employers and businesses whilst trying to erase the stigma that comes with employing and interacting with sufferers of mental illnesses.

Events, activities, and fund-raisers in which volunteers, sufferers of mental illnesses, and all members of the public will be held in order to interact with sufferers and help erase many of the stigmas of mental illnesses.

Public benefit

The trustees have had due regard to the Charity Commission's guidance on public benefit. Our activities benefit people by providing practical, community-based support to individuals with complex mental health needs who face barriers to employment, social inclusion, and stability. Through structured volunteering opportunities, peer support groups, and one-to-one mental health support, the charity helps individuals build confidence, develop routine, and improve wellbeing while reducing social isolation.

The charity also provides direct relief from hardship through food bank and clothing bank services, ensuring that individuals and families on low incomes can meet essential needs with dignity. Mental health awareness activities and community engagement help to challenge stigma, improve understanding, and promote inclusion within the wider community.

By enabling people with lived experience of mental ill health to actively participate as volunteers, the charity supports recovery, improves employability through work experience and references, and helps individuals progress towards greater independence and participation in society. The trustees consider these activities to deliver clear public benefit through the advancement of mental health, the relief of poverty, and the promotion of social inclusion.

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Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 July 2025

Achievements and performance

During the year ended 31 July 2025, we undertook the following principal activities in furtherance of its charitable objectives:

- Provision of structured volunteering opportunities for people with complex mental health needs, including individuals with a forensic history who experience significant barriers to employment
- Peer support groups, delivered by people with lived experience, providing safe and supportive environments for mutual support
- One-to-one mental health support, offering informal guidance, emotional support, and signposting
- Food bank services, providing free food to individuals and families experiencing financial hardship
- Clothing bank services, supplying clothing to support dignity, confidence, and readiness for work
- Mental health awareness activities, aimed at reducing stigma and improving understanding within the community

In addition, volunteers supported community relief and outreach activities, including:

- Distribution of food parcels, clothing parcels, and toys to individuals and families on low incomes during the winter season.
- Support to other local charities and community services, including homeless support services, through the provision of donated goods and practical assistance.

The charity also collaborated with external organisations to enhance beneficiary outcomes, including:

- Working with Apple Stratford to support digital skills training, helping beneficiaries improve confidence with technology and access online services
- Working with Barclays Bank to support personal finance management awareness, helping beneficiaries improve understanding of budgeting and basic financial skills

All external collaborations were informal, non-contractual, and reviewed by trustees to ensure alignment with the charity's objectives, public benefit, and safeguarding responsibilities.

All community distribution and volunteering activities were overseen by trustees and delivered in line with safeguarding, volunteer supervision, and risk management arrangements.

Participation in these activities enabled volunteers-many with lived experience of mental ill health-to gain practical work experience, develop transferable skills, rebuild confidence, and obtain references to support progression into paid employment.

During the year, the charity:

- Enabled individuals who were previously excluded from employment or volunteering to engage in

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Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 July 2025

meaningful, structured activity

- Supported volunteers to develop responsibility, routine, and practical skills through community-facing roles
 - Improved employability outcomes by enabling volunteers to gain recent work experience and references
 - Provided essential food, clothing, and household support to individuals, families, and community organisations experiencing financial hardship
 - Strengthened community collaboration by supporting other local charities and frontline services
- Impact during the year was primarily qualitative.

Trustees observed improved self-esteem, increased social connection, enhanced confidence, and progression towards further volunteering, training, or employment among beneficiaries.

The charity also attempted to boost both its visibility and general public benefit by producing a podcast with a veteran and producing a short film for the general public about dealing with grief.

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Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 July 2025

Financial review

Income

The charity's main source of income during the year was provided by corporate sponsors as well as minor income derived from volunteer-led events, such as marathon-running, and sale of charity branded goods.

Expenditure

The charity's principal expenditure during the year related to activities undertaken to support the development and future sustainability and ambitions of the charity.

This meant securing funds from a corporate sponsor in order to finance the organization of a major event with the intention to generate income for the charity both in the short and long terms, as well as activities to enhance marketing, networking, public relations, and engagement with high-net-worth individuals and major public figures in order to expand the charity's reach and support future fundraising.

The event originally in mind was to hold a concert with well-known musicians with the proceeds going to the charity. However, this project was eventually deemed too expensive after conversations with public relations firms and iconic venues for a first major event and were advised to instead build up to that ability through smaller events first and build up the charity's brand in the eyes of musicians and the media. Therefore, leveraging the good-will already earned, the event turned into an exhibition with photographs digitally donated to the charity by some of Britain's top musicians on display. The charity has the rights to sell these and have become assets belonging to the charity, as well as the ability to create additional prints moving forward, however the necessary high quality print costs are met by the charity.

The costs of the event itself and all of the work required to organize and promote it were met through funding provided by a corporate sponsor whose directors are all also trustees of Mental Aid Ltd. The trustees recognised this as a related-party transaction and ensured that the funding was applied solely in furtherance of the charity's objectives. The trustees confirm that appropriate conflict-of-interest procedures were followed.

Expenditure was also applied to the charity's usual activities in line with its charitable mission and described in the Activities section above.

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Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 July 2025

Plans for future periods

In the coming year, the trustees intend to:

- Continue expanding the charity's reach through marketing and networking although via a vastly scaled back and more grass-roots strategy.
- Seek additional funding sources to diversify income
- Develop new initiatives in line with the charity's objectives
- Maintain robust governance and financial controls
- Focus on the charity's original mission: supporting people with complex mental health needs to return to paid work.
- Launch a Mental Aid online shop selling clothing to generate revenue and provide work experience opportunities for beneficiaries.
- Continue providing free food-bank services for those in need, delivered by people with lived experience.
- Introduce a counselling programme to support mental health and wellbeing.

The overarching aim is to make Mental Aid an action-oriented charity that delivers practical support where the private sector and government are unable to. Through these initiatives, the charity seeks to help people regain independence, dignity, and a meaningful place in society.

Small company provisions

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

The trustees' annual report was approved on 12 February 2026 and signed on behalf of the board of trustees by:

Mr J Goodall
Trustee

Mental Aid Ltd

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Statement of Financial Activities (including income and expenditure account)

Year ended 31 July 2025

		2025	2024
		Unrestricted funds	Total funds
	Note	£	£
Income and endowments			
Donations and legacies	5	–	54,063
Other trading activities	6	–	2,526
Total income		–	56,589
Expenditure			
Expenditure on raising funds:			
Costs of other trading activities	7	–	(55,916)
Investment management costs	8	–	335
Total expenditure		–	(56,251)
Net income and net movement in funds		–	338
Reconciliation of funds			
Total funds brought forward		11,461	11,461
Total funds carried forward		11,461	11,461

The statement of financial activities includes all gains and losses recognised in the year.
All income and expenditure derive from continuing activities.

The notes on pages 10 to 15 form part of these financial statements.

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Statement of Financial Position

31 July 2025

	Note	2025 £	2024 £
Current assets			
Stocks	11	12,388	12,388
Cash at bank and in hand		79	153
		<u>12,467</u>	<u>12,541</u>
Creditors: amounts falling due within one year	12	668	1,080
Net current assets		<u>11,799</u>	<u>11,461</u>
Total assets less current liabilities		<u>11,799</u>	<u>11,461</u>
Net assets		<u>11,799</u>	<u>11,461</u>
Funds of the charity			
Unrestricted funds		<u>11,461</u>	<u>4,350</u>
Total charity funds	13	<u>11,461</u>	<u>4,350</u>

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

Directors' responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

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

These financial statements were approved by the board of trustees and authorised for issue on 12 February 2026, and are signed on behalf of the board by:

Mr J Goodall
Trustee

The notes on pages 10 to 15 form part of these financial statements.

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Statement of Cash Flows

Year ended 31 July 2025

	2025 £	2024 £
Cash flows from operating activities		
Net income	338	7,111
<i>Adjustments for:</i>		
Accrued (income)/expenses	(412)	334
<i>Changes in:</i>		
Stocks	—	(12,388)
Cash generated from operations	(74)	(4,943)
Net cash used in operating activities	(74)	(4,943)
Net decrease in cash and cash equivalents	(74)	(4,943)
Cash and cash equivalents at beginning of year	153	5,096
Cash and cash equivalents at end of year	79	153

The notes on pages 10 to 15 form part of these financial statements.

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Notes to the Financial Statements

Year ended 31 July 2025

1. General information

The charity is a public benefit entity and a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is 49 Waddington Road, London, E15 1QL.

2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the 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) (Charities SORP (FRS 102)) and the Companies Act 2006.

3. Accounting policies

Basis of preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

Going concern

There are no material uncertainties about the charity's ability to continue.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal, and fall into one of two sub-classes: restricted income funds or endowment funds.

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Notes to the Financial Statements *(continued)*

Year ended 31 July 2025

3. Accounting policies *(continued)*

Incoming resources

All incoming resources are included in the statement of financial activities when entitlement has passed to the charity; it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- legacy income is recognised when receipt is probable and entitlement is established.
- income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.
- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.
- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.
- other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

Stocks

Stocks are measured at the lower of cost and estimated selling price less costs to complete and sell. Cost includes all costs of purchase, costs of conversion and other costs incurred in bringing the stock to its present location and condition.

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Notes to the Financial Statements *(continued)*

Year ended 31 July 2025

3. Accounting policies *(continued)*

Financial instruments

A financial asset or a financial liability is recognised only when the charity becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs.

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

Debt instruments are subsequently measured at amortised cost.

Where investments in shares are publicly traded or their fair value can otherwise be measured reliably, the investment is subsequently measured at fair value with changes in fair value recognised in income and expenditure. All other such investments are subsequently measured at cost less impairment.

Other financial instruments, including derivatives, are initially recognised at fair value, unless payment for an asset is deferred beyond normal business terms or financed at a rate of interest that is not a market rate, in which case the asset is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Other financial instruments are subsequently measured at fair value, with any changes recognised in the statement of financial activities, with the exception of hedging instruments in a designated hedging relationship.

Financial assets that are measured at cost or amortised cost are reviewed for objective evidence of impairment at the end of each reporting date. If there is objective evidence of impairment, an impairment loss is recognised under the appropriate heading in the statement of financial activities in which the initial gain was recognised.

For all equity instruments regardless of significance, and other financial assets that are individually significant, these are assessed individually for impairment. Other financial assets are either assessed individually or grouped on the basis of similar credit risk characteristics.

Any reversals of impairment are recognised immediately, to the extent that the reversal does not result in a carrying amount of the financial asset that exceeds what the carrying amount would have been had the impairment not previously been recognised.

4. Limited by guarantee

The company is limited by guarantee of members and does not have a share capital.

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Notes to the Financial Statements *(continued)*

Year ended 31 July 2025

5. Donations and legacies

	Total Funds 2025 £	Total Funds 2024 £
Donations		
SLS Ltd Donations	51,503	32,700
Other Donations	<u>2,560</u>	<u>12,388</u>
	<u>54,063</u>	<u>45,088</u>

6. Other trading activities

	Total Funds 2025 £	Total Funds 2024 £
Fundraising events	<u>2,526</u>	<u>2,537</u>

7. Costs of other trading activities

	Total Funds 2025 £	Total Funds 2024 £
Costs of other trading activities - Staging events	<u>55,916</u>	<u>40,180</u>

8. Investment management costs

	Total Funds 2025 £	Total Funds 2024 £
Accountancy Fee	<u>335</u>	<u>334</u>

9. Staff costs

The average head count of employees during the year was Nil (2024: Nil).

No employee received employee benefits of more than £60,000 during the year (2024: Nil).

10. Trustee remuneration and expenses

No remuneration was paid to any trustee.

11. Stocks

	2025 £	2024 £
Raw materials and consumables	<u>12,388</u>	<u>12,388</u>

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Notes to the Financial Statements *(continued)*

Year ended 31 July 2025

12. Creditors: amounts falling due within one year

	2025	2024
	£	£
Accruals and deferred income	<u>668</u>	<u>1,080</u>

13. Analysis of charitable funds

Unrestricted funds

	At 1 August 202 4 and 31 July 2025
	£
General funds	<u>11,461</u>

	At 1 August 202 3 and 31 July 2024
	£
General funds	<u>4,350</u>

14. Analysis of changes in net debt

	At 1 Aug 2024	Cash flows	At 31 Jul 2025
	£	£	£
Cash at bank and in hand	<u>153</u>	<u>(74)</u>	<u>79</u>

Mental Aid Ltd

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Notes to the Financial Statements *(continued)*

Year ended 31 July 2025

15. Related parties

During the year, the charity received funding from a corporate sponsor whose directors are all also trustees of Mental Aid Ltd.

The trustees recognised this as a related-party transaction. All decisions regarding the acceptance and use of these funds were made with due regard to the charity's objectives.

The funding was used to support a major event designed to generate income for the charity, as well as activities to enhance marketing, networking, public relations, and engagement with high-net-worth individuals and public figures in order to expand the charity's reach and support future fundraising. The funding was also applied to the charity's usual activities in line with its charitable mission.

At the year end, no amounts remained outstanding in respect of this funding.

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Notes to the Financial Statements *(continued)*

Year ended 31 July 2025

16. Independent Examiner's Report

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.

Mr P Logeswaran FCCA ACMA
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