

Report of the Trustees and  
Unaudited Financial Statements for the Year Ended 31 March 2024  
for  
International Institute For Psychiatric  
Drug Withdrawal

Willsons  
Chartered Accountants  
Carlton House  
High Street  
Higham Ferrers  
Northamptonshire  
NN10 8BW

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for the Year Ended 31 March 2024

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The trustees present their report with the financial statements of the charity for the year ended 31 March 2024. The trustees have adopted the provisions of 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).

## **OBJECTIVES AND ACTIVITIES**

### **Objectives and aims**

The aims stated in our governing document are:

- Support research and practice-based knowledge that will facilitate safe reduction of and withdrawal from psychiatric drugs.
- Contribute to evidence-based practices for reduction of and withdrawal from psychiatric drugs, and facilitate their inclusion in general practice guidelines.
- Support the human right to informed choice with regard to psychiatric drugs.
- Promote practices that help families, friends, and practitioners support safe reduction of and withdrawal from psychiatric drugs, and take into account relational and social aspects essential to this process.

### **Significant activities**

This year IIPDW continued its focus on its online conference series, which allows us to generate an income for our charity while also meeting our charitable aims. The conference also provided opportunities for IIPDW to engage with those affected by, or working with, psychiatric drug withdrawal, so we can keep learning about the challenges faced by them, their needs and questions, helping us shape IIPDW's priorities.

### **Public benefit**

Our Trustees have paid due regard to the Charity Commission's Guidance on Public Benefit (PB1-3) and all activities have undertaken by IIPDW have been for the public benefit in furthering the stated aims of IIPDW.

### **Grantmaking**

IIPDW is able to grant a maximum of £250 to organisations anywhere in the world that do work that falls within the remit of IIPDW's charitable aims. For each grant the Board will require a majority vote, and proof of spending from the recipient if appropriate.

### **Volunteers**

IIPDW is grateful to 23 volunteers who gave their time, knowledge and skills for free. These were speakers at our conferences, translators who carefully edited automated translations of subtitles for our video, 'Antidepressant Withdrawal Syndrome and its Management', and two volunteers who helped us promote our conference

## **ACHIEVEMENT AND PERFORMANCE**

### **Charitable activities**

#### **Microgrants**

This year IIPDW gave three microgrants. Two went to online peer-based support groups - the Prescribed Drugs Withdrawal Support Group and the North Wales Withdrawal Group - to cover the cost of an annual Zoom subscription for each group. The third microgrant was given to an individual who was previously the manager of a withdrawal support service in the UK. The grant covered the cost of a Microsoft package.

#### **Online Conference, October 2023**

IIPDW hosted the 3rd in its series of online conferences. Speakers were:

- Dr Anne Guy & Professor Tony Avery - The future of safe deprescribing services in England
- Melanie Davis, Jayne Hoyle and June Lovell - Managing Withdrawal Projects in the UK from the 1980s onwards
- Sarah Jones - The role of pharmacists in antidepressant reductions: Practical challenges and future opportunities
- Shama Parkhe, Anando Chatterji & Pratiksha Tewari - Hank Nunn Institute, Bengaluru - Challenges in designing alternative approaches and making mental health affordable and accessible.
- Dr Ellen van Leeuwen - Stopping Long-term Antidepressants: Mission Impossible?!
- Karin Jervert - Art & Transformation in Psychiatric Med Withdrawal

117 people attended the conference - 5 'highly paid professionals', 19 'working people' and 93 'low waged, unwaged or students'. 11 free tickets were given out on request to those with lived experience of psychiatric drug withdrawal, 8 of those were donated by other attendees.

Feedback received by attendees includes:

"That there is a get up and go about the psychiatric drug withdrawal community, it's great to see democracy in action, people getting what they want"

"Illuminating discussions about topics rarely covered in public forums."

"The quality and compassion of your speakers. It has been an informative event but also so good to hear from people putting their lives into supporting people who have ended up on these drugs."

"It was great to hear from Tony Avery. The clinicians are so often absent from discussions about the problems with these drugs - this can result in blame being aimed towards them. I would love to hear more from the clinician's perspective. What support do they need eg. to provide informed consent."

"I always learn something new about withdrawal and I love the sense of belonging to the community of people furthering knowledge and expertise in this area."

"Liked the variety of speakers, the resources shared and the diversity of the audience"

"The knowing that there are more people and professionals becoming aware of the issues that are being faced by people, due to withdrawal."

"So much knowledge and care expressed by presenters."

#### **'Town Hall' on Inspiration, Hope and Healing with Mad in America**

IIPDW partnered with Mad in America to produce the 6th in their series of Town Halls focussed on Psychiatric Drug Withdrawal, entitled Inspiration, Hope & Healing: Psychiatric Drug Withdrawal Success Stories. The event offered a message of hope to our communities, many of whom are suffering for long periods of time.

Hope is important because a perceived lack of progress or recognition of this issue by medical professionals, health services or governments can feel especially hopeless for people in withdrawal.

### **Antidepressant Withdrawal Video Translations**

This year IIPDW continued our translation work of our key resource, a 55-minute video aimed at prescribers, Antidepressant Withdrawal Syndrome and its Management into Brazilian Portuguese, Hebrew, Spanish and Polish. So far the viewing count on YouTube is:

Portuguese: 358  
Hebrew: 463  
Spanish: 663  
Polish: 2394

The selection of appropriate terminology for withdrawal in each language has been a key part of the translation process. In some languages, the conversation around withdrawal is new, so there is no agreed-upon term for withdrawal, and careful consideration has been given to this by us and our volunteers.

### **FINANCIAL REVIEW**

#### **Financial position**

IIPDW is in a good financial position with just under £5,000 in our bank account at the end of the year, as well as £12,000 of reserves in a savings account in keeping with our Reserves Policy.

IIPDW's income this financial year was £4318, this was less than last year for several reasons: last year we held two conferences, at the beginning and end of the year, whereas this year only one conference fell within the financial year. And, as the pandemic recedes it appears less people are available to attend multi-day online events, therefore we have planned shorter, more frequent online events for next year.

#### **Principal funding sources**

Funds came principally from online events - £2226.82 from our conference, and £581.49 from our online 'Town Hall' with Mad in America. Online donations brought in £1357.64 across the year, of this, £632 was a collection at a funeral of someone whose life was affected by the lack of available support for people in psychiatric drug withdrawal.

The profile of our donors has changed. Whereas previously we received larger one-off donations from Associates, we now receive a greater number of small, monthly donations from supporters. This is testimony to the value placed on our work by members of the public, and suggests there is potential for crowd-sourced funding in future.

#### **Reserves policy**

IIPDW will maintain free reserves in unrestricted funds at a level which equates to approximately twelve months of unrestricted charitable expenditure ('operational costs') to allow IIPDW time to develop its financial strategy if circumstances change. At present levels of operations this amounts to £12,000.

## **FINANCIAL REVIEW**

### **Principle Risks Facing the Charity**

Trustees have considered the major risks to which the charity is exposed and satisfied themselves that procedures are established to manage those risks. This process of monitoring risk is carried out annually in preparation for the making a statement to the Charity Commission, and whenever risks arise or evolve.

The measures we took last year to prevent further incidents of online fraud have been successful.

### **Review of Internal Financial Controls**

The Treasurer reports at each monthly Trustee meeting on bank balance, income and outgoings, so the entire Trustee Board has a good understanding of IIPDW's financial position and activities, and are able to decide and plan financially during meetings. Detailed reports are given after significant events such as our webinars and conference, so Trustees understand how these compare to projections, and can adjust plans if needed.

In February 2024, the Treasurer and Administrator worked together to produce a written overview of IIPDW's Internal Financial Controls which is kept in a secure shared folder, along with digital copies of all invoices and statements, and a bookkeeping spreadsheet. Hard copies are kept by the Administrator.

This year IIPDW continues to use an independent examiner for our annual accounts.

## **STRUCTURE, GOVERNANCE AND MANAGEMENT**

### **Governing document**

IIPDW is a Charitable Incorporated Organisation (CIO), using a Foundation Model Constitution as the basis for its Governing Document.

### **Recruitment and appointment of new trustees**

On 21st April 2023, Marnie Wedlake was appointed after a unanimous vote from the IIPDW Board. Marnie is a registered psychotherapist, an activist and a person with lived experience. She also has knowledge of website-building, video editing and other tech skills, and has already given generously of her time as an IIPDW Associate. Based in Canada, she offers valuable insight into how IIPDW can contribute there.

## **REFERENCE AND ADMINISTRATIVE DETAILS**

### **Registered Charity number**

1195569

### **Principal address**

5 Brayford Square  
London  
E1 0SG

### **Trustees**

Professor John Read Chair  
Dr Ruth Ellen Cooper Treasurer  
Olga Ruth Runciman  
Stephanie Lewis  
Adele Framer  
Marnie Wedlake (appointed 21.4.23)  
Dr Josef Witt-Doerring (appointed 2.6.23) (resigned 25.2.24)

Senior Staff Member: Administrator, Lucy Fernandes

**REFERENCE AND ADMINISTRATIVE DETAILS**

**Independent Examiner**

Willsons  
Chartered Accountants  
Carlton House  
High Street  
Higham Ferrers  
Northamptonshire  
NN10 8BW

International Institute for Psychiatric Drug Withdrawal (commonly abbreviated to IIPDW). We are a registered UK Institute approved by Companies House.

Approved by order of the board of trustees on 5 December 2024 and signed on its behalf by:

Professor John Read - Trustee

**Independent examiner's report to the trustees of International Institute For Psychiatric Drug Withdrawal**

I report to the charity trustees on my examination of the accounts of International Institute For Psychiatric Drug Withdrawal (the Trust) for the year ended 31 March 2024.

**Responsibilities and basis of report**

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

**Independent examiner's statement**

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

1. accounting records were not kept in respect of the Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.

C Baird FCA  
The Institute of Chartered Accountants in England and Wales

Willsons  
Chartered Accountants  
Carlton House  
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Northamptonshire  
NN10 8BW

9 December 2024



International Institute For Psychiatric  
Drug Withdrawal

Statement of Financial Activities  
for the Year Ended 31 March 2024

	Notes	Unrestricted fund £	Restricted fund £	31.3.24 Total funds £	31.3.23 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>					
Donations and legacies		1,510	-	1,510	23,310
<b>Charitable activities</b>					
Charitable activities		2,808	-	2,808	18,742
Investment income	2	4	-	4	-
Other income		-	-	-	3,250
<b>Total</b>		<u>4,322</u>	<u>-</u>	<u>4,322</u>	<u>45,302</u>
<b>EXPENDITURE ON</b>					
<b>Charitable activities</b>					
Charitable activities		701	-	701	22,431
Governance costs		14,281	-	14,281	1,056
<b>Total</b>		<u>14,982</u>	<u>-</u>	<u>14,982</u>	<u>23,487</u>
<b>NET INCOME/(EXPENDITURE)</b>		(10,660)	-	(10,660)	21,815
<b>RECONCILIATION OF FUNDS</b>					
Total funds brought forward		26,691	-	26,691	4,876
<b>TOTAL FUNDS CARRIED FORWARD</b>		<u><u>16,031</u></u>	<u><u>-</u></u>	<u><u>16,031</u></u>	<u><u>26,691</u></u>

The notes form part of these financial statements

International Institute For Psychiatric  
Drug Withdrawal

Balance Sheet  
31 March 2024

	Notes	Unrestricted fund £	Restricted fund £	31.3.24 Total funds £	31.3.23 Total funds £
<b>CURRENT ASSETS</b>					
Cash at bank		16,991	-	16,991	27,747
<b>CREDITORS</b>					
Amounts falling due within one year	6	(960)	-	(960)	(1,056)
<b>NET CURRENT ASSETS</b>		<u>16,031</u>	<u>-</u>	<u>16,031</u>	<u>26,691</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		<u>16,031</u>	<u>-</u>	<u>16,031</u>	<u>26,691</u>
<b>NET ASSETS</b>		<u>16,031</u>	<u>-</u>	<u>16,031</u>	<u>26,691</u>
<b>FUNDS</b>	7				
Unrestricted funds				<u>16,031</u>	<u>26,691</u>
<b>TOTAL FUNDS</b>				<u>16,031</u>	<u>26,691</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 5 December 2024 and were signed on its behalf by:

Professor John Read - Trustee

## 1. ACCOUNTING POLICIES

### **Basis of preparing the financial statements**

The financial statements of the charity, which is a public benefit entity under FRS 102, 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 Charities Act 2011. The financial statements have been prepared under the historical cost convention.

### **Income**

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

### **Expenditure**

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Grants offered subject to conditions which have not been met at the year end date are noted as a commitment but not accrued as expenditure.

### **Taxation**

The charity is exempt from tax on its charitable activities.

### **Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

## 2. INVESTMENT INCOME

	31.3.24	31.3.23
	£	£
Deposit account interest	4	-
	<u>4</u>	<u>-</u>

## 3. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2024 nor for the year ended 31 March 2023.

### **Trustees' expenses**

There were no trustees' expenses paid for the year ended 31 March 2024 nor for the year ended 31 March 2023.

**4. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES**

	Unrestricted fund £	Restricted fund £	Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>			
Donations and legacies	23,310	-	23,310
<b>Charitable activities</b>			
Charitable activities	18,742	-	18,742
Other income	3,250	-	3,250
<b>Total</b>	<u>45,302</u>	<u>-</u>	<u>45,302</u>
<b>EXPENDITURE ON</b>			
<b>Charitable activities</b>			
Charitable activities	19,236	3,195	22,431
Governance costs	1,056	-	1,056
<b>Total</b>	<u>20,292</u>	<u>3,195</u>	<u>23,487</u>
<b>NET INCOME/(EXPENDITURE)</b>	25,010	(3,195)	21,815
<b>RECONCILIATION OF FUNDS</b>			
Total funds brought forward	1,681	3,195	4,876
<b>TOTAL FUNDS CARRIED FORWARD</b>	<u>26,691</u>	<u>-</u>	<u>26,691</u>

**5. GOVERNANCE COSTS**

These included the independent examination cost of £1,020 (2023: £1,056).

**6. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	31.3.24 £	31.3.23 £
Other creditors	960	1,056

**7. MOVEMENT IN FUNDS**

	At 1.4.23 £	Net movement in funds £	At 31.3.24 £
<b>Unrestricted funds</b>			
Charitable activities undertaken directly	26,691	(10,660)	16,031
<b>TOTAL FUNDS</b>	<u>26,691</u>	<u>(10,660)</u>	<u>16,031</u>

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2024

**7. MOVEMENT IN FUNDS - continued**

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
Charitable activities undertaken directly	4,322	(14,982)	(10,660)
	<hr/>	<hr/>	<hr/>
<b>TOTAL FUNDS</b>	<u>4,322</u>	<u>(14,982)</u>	<u>(10,660)</u>

**Comparatives for movement in funds**

	At 1.4.22 £	Net movement in funds £	At 31.3.23 £
<b>Unrestricted funds</b>			
Charitable activities undertaken directly	1,681	25,010	26,691
<b>Restricted funds</b>			
Restricted fund	3,195	(3,195)	-
	<hr/>	<hr/>	<hr/>
<b>TOTAL FUNDS</b>	<u>4,876</u>	<u>21,815</u>	<u>26,691</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
Charitable activities undertaken directly	45,302	(20,292)	25,010
<b>Restricted funds</b>			
Restricted fund	-	(3,195)	(3,195)
	<hr/>	<hr/>	<hr/>
<b>TOTAL FUNDS</b>	<u>45,302</u>	<u>(23,487)</u>	<u>21,815</u>

**7. MOVEMENT IN FUNDS - continued**

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.22 £	Net movement in funds £	At 31.3.24 £
<b>Unrestricted funds</b>			
Charitable activities undertaken directly	1,681	14,350	16,031
<b>Restricted funds</b>			
Restricted fund	3,195	(3,195)	-
<b>TOTAL FUNDS</b>	<u>4,876</u>	<u>11,155</u>	<u>16,031</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
Charitable activities undertaken directly	49,624	(35,274)	14,350
<b>Restricted funds</b>			
Restricted fund	-	(3,195)	(3,195)
<b>TOTAL FUNDS</b>	<u>49,624</u>	<u>(38,469)</u>	<u>11,155</u>

**8. RELATED PARTY DISCLOSURES**

There were no related party transactions for the year ended 31 March 2024.

International Institute For Psychiatric  
Drug Withdrawal

Detailed Statement of Financial Activities  
for the Year Ended 31 March 2024

	31.3.24 £	31.3.23 £
<b>INCOME AND ENDOWMENTS</b>		
<b>Donations and legacies</b>		
Donations	1,510	23,310
<b>Investment income</b>		
Deposit account interest	4	-
<b>Charitable activities</b>		
Conference ticket sales	2,227	18,060
Online event sales	581	682
	<hr/> 2,808	<hr/> 18,742
<b>Other income</b>		
Sundry income	-	3,250
	<hr/>	<hr/>
<b>Total incoming resources</b>	4,322	45,302
<b>EXPENDITURE</b>		
<b>Charitable activities</b>		
Conference costs	382	444
Sundry costs	-	3,110
Administrator fees	11,801	18,877
Grants to individuals	319	-
	<hr/> 12,502	<hr/> 22,431
<b>Support costs</b>		
<b>Information technology</b>		
Computer & subscription costs	1,460	-
<b>Governance costs</b>		
Independent examination cost	1,020	1,056
	<hr/>	<hr/>
Total resources expended	14,982	23,487
	<hr/>	<hr/>
<b>Net (expenditure)/income</b>	<u>(10,660)</u>	<u>21,815</u>

This page does not form part of the statutory financial statements