

Charity Registration No. 1196406



# **MENTAL HEALTH MOTORBIKE**

**TRUSTEES' REPORT AND ACCOUNTS**

*FOR 14 months ENDING 31<sup>st</sup> DECEMBER 2022*

## **MENTAL HEALTH MOTORBIKE**

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# MENTAL HEALTH MOTORBIKE

## TRUSTEES' REPORT

FOR THE 14 months ENDING 31<sup>st</sup> DECEMBER 2022

The Trustees present their report and accounts for the year ending 31<sup>st</sup> December 2022

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 (FRS102) (Effective 1 January 2019)

The charity was registered on the 4<sup>th</sup> November 2021. The trustees represent a broad range of experience, including education, health services, business, and accounting.

## OBJECTIVES and ACTIVITIES

**To preserve and protect good mental health for the benefit of the public, in particular but not exclusively among members of the motorcycle community by providing services and events which: support those suffering from poor mental health, to reduce the risk of suicide and to promote the benefits of good mental health.**

Activities within the reported year

Mental Health Motorbike is a free mental health first aid support service for the biker community (although not exclusively) throughout the UK. We exist to create meaningful and purposeful opportunities, for all bikers, so that together we grow the wellbeing of the biker community. We do this through 1 to 1 and peer support, events, activities, and projects, working in partnership with other biker organisations and clubs, and with the general motorcycle industry.

During the reported year we have trained **100** individuals in the 15 hour Mental Health First Aid England accredited mental health first aid course. This is focused on assisting those who may be in crisis and supporting and encouraging ongoing professional support thereby reducing the risk of suicide.

We have grown our peer support network which is moderated and monitored by a team of **18** trained first aiders, (now actively supporting over **2,300** members) and have attended over **97** events within the biker community throughout the UK to both create awareness of mental health issues and offer mental health first aid support to this in need. These events

have played a critical role in creating a greater brand exposure and connection with any bikers and their families we meet face to face.

During this year we have developed strategic partnerships within the motorcycling community, including industry partners such as the Motorcycle Industry Association (MCIA) and we have been chosen as the British Superbikes (BSB) nominated charity. We have been actively working with them to promote mental health awareness and the support that is available to their members and member organisations. One key achievement is the introduction of race marshal mental health first aid training. During 2023 we will be training race marshals free of charge which will put a safety blanket of support in place for riders, paddock staff and the marshals themselves, who often witness difficult scenes of accidents, injuries and occasionally deaths.

Other initiatives have included small projects exploring bike fitness, music, bike maintenance, crafting poetry and art as tools to encourage longer term wellbeing.

The Charity has worked hard to provide longer term opportunities for members we support and this includes them volunteering with us at events. Motorcycle Live (which was held November 2022) was a great example of this. It is a 10 day flagship event within the motorbike calendar, we normally have a core team running this which exists of 15 volunteers, this year we were able to involve 28 volunteers through the event to be part of the team managing the Charity stand. This was a real achievement and something everyone attending got a great deal from.

The charity was able to do a number of virtual and online presentations (8) to bike groups and organisations about mental health and the work of the charity. This provided us real opportunities to build longer term relationships with our partners and something we will build on in 2023.

## **Volunteers**

The volunteer cadre has been growing steadily both within the trustees and trained mental health first aiders with many volunteers active at events. Volunteering has so many benefits when it comes to mental health wellbeing so it is something we actively encourage as a charity.

Through its strategic planning the Charity has worked to ensure recruitment of volunteers into key positions is undertaken fairly and consistently with role profiles, interview processes and induction. Most recently the Charity has assigned 5 volunteers to Regional Coordinator positions to help spread the excellent work of MHM with this further supported by locality coordinators. Centrally the Charity now has a Board Administrator with more roles to follow.

## **Governance**

The charity has produced a number of key policies this year to effectively govern its business such as Health and Safety, Expenses, Recruitment, Equality Diversity and Inclusion. In addition and critical to safety and conduct are two policies for Safeguarding - one for adults and one for children and young people that have been developed and reviewed over the first year of operation. The charity works directly with adults who may be vulnerable via telephone, social media and face to face at events.

The charity regularly posts information online about what can be done if someone makes you uncomfortable or approaches you to be a friend out of the blue. We have a dedicated email ([safeguarding@mhmotorbike](mailto:safeguarding@mhmotorbike)) that members can reach out to at any time to discuss issues in strict confidence.

## **ASSETS**

The Charity has no fixed assets and is not responsible for buildings or vehicles at the present time.

## **FINANCIAL INFORMATION**

The charity has submitted a separate financial report. At the end of this reporting period the charity had unrestricted funds of **£34,385**

The charity trustees continue to ensure that the funds of the charity are directed solely towards achieving our objectives.

### **Reserves Policy**

The future funding, workstreams and strategy for the charity continues to evolve. The policy of the charity is to hold **£10,000** of unrestricted funds in reserve, to ensure there is always a healthy balance to allow the Charity to operate.

## **Donations and Governance**

Mental Health Motorbike is dependant on donations to achieve its goal to ultimately save lives from suicide. The majority of individual donations to date have been received from bike clubs who fundraise on our behalf. We also generate income from running a small merchandise shop at events and receive donations via charity boxes and QR code donations online. The Charity currently does not have any regular core funding streams but there are a number of regular individual donors and at the end of December 2022 there were 64 regular donors.

A number of donations have been received through fundraising by other organisations such as clubs, supportive businesses, and industry partners.

The charity is currently developing additional income streams including the sale of merchandise and a monthly donation scheme called The Supporters Club which currently offers a newsletter and calendar of events.

Clearly, we see the opportunity to develop our capacity to apply for available grant funding and are currently developing a strategy to enhance our ability to maximise the opportunities that may exist.

Mental Health Motorbike has a strong governance structure, which includes information, governance, equality, safeguarding and risk. Through this structure and recognising the early stages of the charity, a very lean operating costs framework exists. This has mitigated the effect on potentially reduced donations in a poor financial climate. The Charity is not tied into any complicated or long term contracts with any supplier or service provider.

## **STRUCTURE, GOVERNANCE and MANAGEMENT**

### **Governing Document**

The charity is controlled and managed by its governing document adopted 20<sup>th</sup> October 2021.

### **Constitution**

The charity is a CIO (Charitable incorporated organisation) FOUNDATION Registered 04 November 2021

### **Recruitment and appointment of new Trustees**

The first trustees are appointed for varying terms of between 3 and 4 years. Thereafter trustees are appointed for a period of 3 years by resolution passed at a properly convened meeting of the charity trustees. Each year the Chairperson and elected officers will be formally appointed at the AGM.

## **REFERENCE AND ADMINISTRATION**

### **Registered charity number**

1196406

### **Principal Address**

3a Heath Road, Heath

Chesterfield

S44 5RP

## Trustees

Mandy Kay Stephens Appointed 19/01/2023

Karen Cole Appointed 28 July 2022

Leanne Mclean Appointed 28 July 2022

Kenneth Finlayson Appointed 04 November 2021 (Resigned September 2023)

Paul Oxborough Appointed 04 November 2021

Mark Johnson Appointed 04 November 2021

## Independent Examiner

### Paxton Independent Examiners

Approved by order of the board of trustees on 20 of April 2023 and signed on its behalf by:



\_\_\_\_\_

----- Trustee

### Trustees approval and date

Name	Date
Leanne McLean	30/03/2023.
Paul Oxborough	20/04/2023.
Ken Finlayson	12/05/2023
Karen Cole	13/04/23
Mandy Stephens	20/04/2023
Mark Johnson	31/03/23



Section A

Independent Examiner's Report

Report to the trustees/  
members of

Charity Name  
Mental Health Motorbike

On accounts for the  
period ended

31 December 2022

Charity no  
(if any)

1196406

Set out on pages

1 to 4 (One to Four) including this report

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the period ended 31 December 2022.

Responsibilities and  
basis of report

As the charity's trustees, 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 2011 Act and in carrying out my examination, I have followed all the 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 (other than that disclosed below \*) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did 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.

Signed: Darren Warren

Date: 12/06/2023

Name: Darren Warren – Paxton Independent Examiners

Relevant professional  
qualification(s) or body  
(if any):

FMAAT

Address:

61a High Street South

Rushden

Northants, NN10 0RA



Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

**Give here brief details of any items that the examiner wishes to disclose.**

Charity no. 1196406

Mental Health Motorbike

December 2022

	<u>Unrestricted</u>	<u>Restricted</u>	<u>Endowment</u>	<u>Year Total</u>	<u>Last Year</u>
S01 Donations and legacies					
Donations received	2,849	0	0	2,849	0
PayPal donations	21,678	0	0	21,678	0
Regular donations (Clubright)	3,437	0	0	3,437	0
Online donations (Other)	2,317	0	0	2,317	0
Cash donations from events	1,354	0	0	1,354	0
Other general cash donations	10,595	0	0	10,595	0
Grants received	0	9,413	0	9,413	0
	42,230	9,413	0	51,643	0
S02 Charitable activities (inc.)					
Sales or merchandising	6,852	0	0	6,852	0
Redline commission on merchand	725	0	0	725	0
Fees rec for MHFA training	7,328	0	0	7,328	0
	14,905	0	0	14,905	0
S03 Other trading activities					
Fundraising income	1,885	0	0	1,885	0
	1,885	0	0	1,885	0
S04 Investments					
Interest received	66	0	0	66	0
	66	0	0	66	0
S05 Separate material item of income					
	0	0	0	0	0
S06 Other (inc.)					
	0	0	0	0	0
S08 Raising funds					
Fundraising costs	1,549	0	0	1,549	0
Goods for resale	587	0	0	587	0
Cost of merchandising for sale	986	0	0	986	0
MHFA training course costs	3,983	0	0	3,983	0
	7,105	0	0	7,105	0
S09 Charitable activities					
Gifts/grants given	587	0	0	587	0
Travel expenses	1,296	0	0	1,296	0
Subsistence costs	432	0	0	432	0

Charity no. 1196406

Mental Health Motorbike

December 2022

	<u>Unrestricted</u>	<u>Restricted</u>	<u>Endowment</u>	<u>Year Total</u>	<u>Last Year</u>
Volunteer expenses	2,826	0	0	2,826	0
Insurances	96	0	0	96	0
Postage	358	0	0	358	0
Stationery	43	0	0	43	0
Printing / photocopying	114	0	0	114	0
Publicity costs	5,077	0	0	5,077	0
IT costs	2,035	0	0	2,035	0
Equipment purchases	228	0	0	228	0
Admin Costs	1,800	0	0	1,800	0
Audit & accountancy costs	300	0	0	300	0
Bank charges	644	0	0	644	0
Other professional fees	742	0	0	742	0
	16,578	0	0	16,578	0
S10 Separate material item of expense					
	0	0	0	0	0
S11 Other (exp.)					
	0	0	0	0	0
S14 Net gains/(losses) on investments					
	0	0	0	0	0
S16 Extraordinary items					
	0	0	0	0	0
S17 Transfers between funds					
Transfers between funds	0	0	0	0	0
	0	0	0	0	0
S18 Gains and losses on revaluation of fixed assets					
	0	0	0	0	0
S19 Other gains/(losses)					
	0	0	0	0	0

	<u>General</u>	<u>Designated</u>	<u>Restricted</u>	<u>Endowment</u>	<u>Year Total</u>	<u>Last Year</u>
B01 Intangible assets						
	0	0	0	0	0	0
B02 Tangible assets						
	0	0	0	0	0	0
B03 Heritage assets						
	0	0	0	0	0	0
B04 Investments						
	0	0	0	0	0	0
B06 Stocks						
	0	0	0	0	0	0
B07 Debtors						
	0	0	0	0	0	0
B08 Investments						
	0	0	0	0	0	0
B09 Cash at bank and in hand						
Bank current account	696	0	0	0	696	0
Deposit account	33,378	1,020	9,413	0	43,811	0
Paypal Account 2	321	0	0	0	321	0
GoCardless Account	-10	0	0	0	-10	0
Stripe Account	0	0	0	0	0	0
	34,385	1,020	9,413	0	44,818	0
B11 Creditors (due within one year)						
	0	0	0	0	0	0
B14 Creditors (due after one year)						
	0	0	0	0	0	0
B15 Provisions for liabilities						

**Paxton Charity Commission Balance Sheet Details****Charity no. 1196406****Mental Health Motorbike****December 2022**

	<u>General</u>	<u>Designated</u>	<u>Restricted</u>	<u>Endowment</u>	<u>Year Total</u>	<u>Last Year</u>
	0	0	0	0	0	0
B17 Endowment funds						
	0	0	0	0	0	0
B18 Restricted income funds						
Retained surplus	0	0	9,413	0	9,413	0
	0	0	9,413	0	9,413	0
B19 Unrestricted funds						
Retained surplus	34,385	1,020	0	0	35,404	0
	34,385	1,020	0	0	35,404	0
B20 Revaluation reserve						
	0	0	0	0	0	0

## Charity Commission Movement of Funds Report

**Charity no. 1196406**  
**Mental Health Motorbike**

Month = December 2022

<u>Fund name</u>	<u>Fund balances brought forward</u>	<u>Income</u>	<u>Expenditure</u>	<u>Transfers</u>	<u>Gains and losses</u>	<u>Fund balances carried forward</u>
General fund	0	58,087	-23,294	-408	0	34,385
Crisis Fund	0	1,000	-388	408	0	1,020
Digital Inclusion - Ricepuds	0	0	0	0	0	0
Training Bursary	0	0	0	0	0	0
National Lottery Awards for AI	0	9,413	0	0	0	9,413
Totals	0	68,500	-23,682	0	0	44,817