

**WHEN LIFE GETS TOUGH WE ARE HERE  
TO LISTEN, TO SUPPORT, TO RIDE**



Registered Charity No. 1196406

# Year End Report

2023

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# Introduction

By Founder and the Chairperson Paul Oxborough

The charity Mental Health Motorbike came out of a promise I made at the funeral of my friend Dale Caffrey. Dale ended his life by suicide in October 2019 and it sent a tsunami of grief through his community. It started with myself (one man and his dog in his garage) and Dale's best friend Jay Lucas and after lots of soul searching we went out to meet the motorbike community to ask one question "Is there an appetite for the motorbike community to engage with a mental health support?" The overwhelming answer was yes, and as a result motorbikes have become the tool which has enabled us to reach that high risk category of men aged between 20-49. It then developed to be more inclusive and is now an open charity that welcomes every type of rider - not just men.

The charity was born on 1st March 2020 just as covid arrived. A few months previously I met Andy Elwood and he sponsored us to go through the Mental Health First Aid training and we knew at once this course would really help bikers.

During the Covid Pandemic we trained over 100 bikers and we started to see the different ways they were engaging with mental health support of their peers and family. We realised just how important this charity was going to become as more and more bikers were opening up to us and we needed to expand and evolve.

We recruited the charity board of trustees and eventually become a registered charity in November 2021. But really from day one we have been playing catch up due to the demand and interest in our charity.

This was a real struggle in the early days as it meant far too many long days, then evenings spent supporting people who were really struggling being off their bikes due to lockdown restrictions.

It has taken over three years to grow the structure for the charity and now we are much more focused on our strategy with a new board of trustees and an exciting vision.

There are so many people who have played a pivotal role both historically, getting the charity to where it is today and those many volunteers who are now helping by turning up to events and supporting our cause. For this we are eternally grateful because you are part of the life saving legacy the charity is creating.

As a charity, our ultimate goal goes back to the promise I made to Dale's family, to try and prevent other families going through the pain and grief we all have due to suicide. This never goes away as a single suicide leaves so many unanswered questions: could I, should I, what if... and there will never be a resolution to these questions. So we must be there for people before they see suicide as the only and very final option.

This report will share some of our work, the impact, the challenges, the way we are making a difference and we will share our financial position in the hope you will then join us and get involved in supporting what is a trailblazing, original and life saving charity which we are proud to call Mental Health Motorbike.



**PAUL OXBOROUGH**

FOUNDER & CHAIR OF THE BOARD OF TRUSTEES

# Suicide Data - UK

Data Source: Samaritans 2022

## Suicides in England



The overall, male, and female suicide rates in England have remained similar to 2021.

Males are 3 times more likely to die by suicide in England than females.

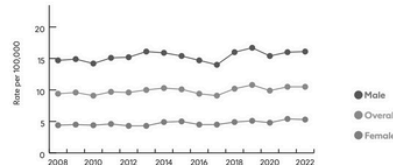
### Age groups with highest suicide rate per 100,000



Males aged 90 years or over had the highest suicide rate, at 30.4 deaths per 100,000. However, we have to be cautious in interpreting this, as it is based on a relatively low number of actual deaths (52) which fluctuate year on year.

The second highest rate for males was in those aged 50 to 54, which has remained consistently high for decades.

### Suicide rate per 100,000 in England 2008–2022



Notes about data: Data source – Office for National Statistics (ONS). Suicide refers to deaths where the underlying cause is intentional self-harm and events of undetermined intent. Data represents suicide registrations. Increases/decreases are based on one year of data. These may not indicate longer term trends and may not be statistically significant. Overall rates for male, female and all persons are age standardised. Rates broken down by age group are crude.

## Our Charity Objects

To preserve and protect good mental health for the benefit of the public in particular but not exclusively among members of the motorbike community by providing services and events which:

- Relieve those suffering from poor mental health
- Reduce the risk of suicide
- Support and enhance good mental health

## The ways we are making a difference?

- Online peer support group currently with 3.5k users
- 200+ events where support can be given face to face
- 75+ presentations to organisations working with bikers
- 700+ people trained in mental health first aid
- 100+ volunteers engaged in supporting our work
- 14 regional coordinators

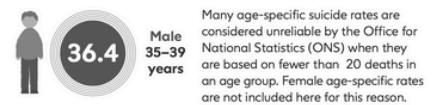
## Suicides in Wales



The overall and male suicide rates in Wales decreased slightly in 2022, and the female suicide rate remained the same. Rates in 2022 are similar to those seen in 2021 and 2019.

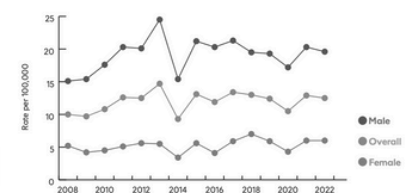
Males are 3 times more likely to die by suicide in Wales than females.

### Age group with highest suicide rate per 100,000



Many age-specific suicide rates are considered unreliable by the Office for National Statistics (ONS) when they are based on fewer than 20 deaths in an age group. Female age-specific rates are not included here for this reason.

### Suicide rate per 100,000 in Wales 2008–2022



Notes about data: Data source – Office for National Statistics (ONS). Suicide refers to deaths where the underlying cause is intentional self-harm and events of undetermined intent. Data represents suicide registrations. Increases/decreases are based on one year of data. These may not indicate longer term trends and may not be statistically significant. Overall rates for male, female and all persons are age standardised. Rates broken down by age group are crude. Note about fluctuations shown in graph: Smaller populations often produce rates that are less reliable, therefore differences in the number of suicides may have a bigger impact on the rate than in larger populations. The male and female suicide rates for Wales show a volatile pattern due to the relatively smaller number of deaths.

## Suicides in Scotland



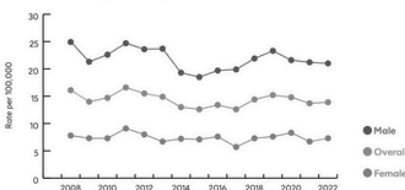
The overall and male suicide rate for Scotland is similar to 2021, however there was a slight increase in the female suicide rate.

Males are 3 times more likely to die by suicide in Scotland than females.

### Age groups with highest suicide rate per 100,000



### Suicide rate per 100,000 in Scotland 2008–2022



Notes about data: Data source – National Records of Scotland (NRS). Suicide refers to deaths where the underlying cause is intentional self-harm and events of undetermined intent. Data reflects suicide registrations in Scotland. Increases/decreases are based on one year of data. These may not indicate longer term trends and may not be statistically significant. Overall rates for males, females and all persons are age standardised. Rates broken down by age group are crude. Find out more about the journey to suicide statistics on our website.

## 5 Ways to Wellbeing

Our charity focusses on the 5 ways to wellbeing

- Connect with others
- Be active as a volunteer
- Keep learning
- Give something back
- Take notice in the here & now

This plays a huge part in our communities long term management of their own positive mental health wellbeing

# Progress To Date

## MATURING AS A CHARITY

We have achieved a great deal in the two years we have been a charity. We have been developing a constantly evolving support structure which is very much dependent on our network of 50+ dedicated volunteers. True growth comes by having a clear strategy and measurable plan of our objectives and we recognise this and embrace it.

At the start of 2023 we agreed 4 core objectives (highlighted on the next page) and took a decision to build on everything we had learned so far. This also meant sometimes saying no to new projects and exciting offers coming from external stakeholders. These are on hold and will be revisited in 2024 with greater capacity to engage with them properly.

Capacity to deliver activities that support a charity's goals is always one of the greatest challenges for a new charity. From day one we knew mental health support services were stretched and what the pandemic told us was our support would always be in big demand. In simple terms we always knew we were going to be busy.

So in order to meet this demand 2023 became the year we created our first set of clear goals and a vision for the future. This didn't mean stopping the exciting work we were currently doing but managing it more effectively.

There are so many things to think about as the charity grows, policies and procedures, risk registers, good governance, managing the safety of our vulnerable community etc. But by keeping our strategy front and centre in our minds, we have a team of exceptional volunteers who are not only doing this but are enabling the charity to be seen as innovative, creative and very relevant and appropriate. We will now use all of the knowledge to secure more funding and resources to grow so we can meaningfully support more of our incredible biking community as we move towards 2024.

## KEY MILESTONES

- Dec 2023 - 174 events completed in the year
- Jan 2023 - Introduction of Regional Coordinator model
- May 2023 - Development of the regional coordinator model
- Dec 2023 - 441 mental health first aiders trained
- Dec 2023 - 53 Race Marshall trained by the charity free of charge
- Oct 2023 - Board of Trustees strengthened to 5
- Dec 2023 - Peer support group 3.1k members being supported
- Dec 2023 - Facebook followers 8k Instagram 3k
- Oct 2023 - Our main charity advert hits over 250k views on the Mental Health motorbike YouTube Channel

**"I probably  
wouldn't be here  
without you,  
definitely the best  
thing I did joining  
this group"**

Peer Support Group Member - Jan 2023



# Our 2023 Objectives

## 1

### MENTAL HEALTH FIRST AID TRAINING

In early 2023 we set ourselves a very ambitious target to train 1000 mental health first aiders by the end of 2024 at a subsidised rate. We are on track with over 441 people trained.

The feedback from participants has been stunning both in terms of the increased confidence to be able to talk, and offer support to people in crisis, but also in some of the incredible stories we have heard, that have literally been lifesaving at times.

It has increased our network of trained volunteers many of who now work with us at events, help moderate our online group and help support other trainees going through their training.

## 2

### EVENTS

We always wanted the charity to be grassroots and accessible to the biker community so doing lots of events where we could meet bikers needing support has been very important from day one of the charity being established.

In 2023 we did 174 face to face events and presentations across the whole of the UK. This achieves many things from strengthening our brand through positive visibility and building local relationships with organisations, retailers, clubs and individuals. We've noticed that meeting people at events speeds up the process of them opening up sooner on the online peer support group.

## 3

### FINANCIAL SECURITY

The biggest challenge for most new charities is financial security. So we have worked exceptionally hard to ensure this doesn't become a threat to our charities stability. We have developed meaningful relationships with the motorbike industry and clubs who have offered financial or 'in kind' support to help us maintain a healthy bank balance. By offering quality support many bikers have recommended we become their clubs nominated charity. We also have a wide range of merchandise which has brought in regular funds for the charity as well as a monthly subscription scheme for individuals.

## 4

### BULDING THE TEAM

In 2023 we have developed a model for bringing on our first regional corodinators. These volunteers will take a county region and build their own team of area coordinators, developing localised activities. If the model is successful it will give us the capacity to effectively grow the charity.

We have also recruited more charity trustees so the board currently has 5 members of the board, we can review the impact of this team and grow further if needed.

The growth of the team has really helped achieve objectives 1-3 and gives up greater capacity to offer more support and activity across the UK.

# Our Strategy



**"Our charity empowers individuals facing mental health challenges through the unique use of the motorbike and simple but effective support. Mental Health Motorbike is dedicated to promoting mental well-being, breaking stigmas, and building a supportive community for bikers one ride at a time."**

The previous objectives have driven the strategy as we move forward. But how did we arrive at these objectives and what difference will they make to our end users the motorbike community?

## MENTAL HEALTH FIRST AID TRAINING

In many ways this is the backbone to the charity, by training people in this 15 hour course it creates an greater understanding of mental health, a toolkit to support people and a look at how to look after yourself. It means our volunteers can use this knowledge to support others. So a decision was taken in March 2020 this course would be instrumental in helping this community.

## EVENTS

Being visible at lots of events has created a much broader brand awareness and recognition of our work. We have noticed people open up a lot quicker on the online support group if they have met us at a face to face event. We set a target of 150 events and actually hit 174! This is something we are very proud of.

## FINANCIAL SECURITY

The biggest risk to any small unfunded charity is not having the funds to operate, so as a charity we have worked exceptionally hard to sell merchandise (which also creates greater brand awareness). We have delivered a large amount of presentations to clubs, retailers and organisations which has led to fundraising events for us and this has helped us get a healthy bank balance to not only survive but to subsidise the £320+ mental health training course to £50 for individual bikers.

## GROWING THE TEAM

We recognise in order to deliver on a national level to scale of the operation needed to be much bigger so we introduced our Regional and Area coordinator network. We also invested time into growing the Board of Trustees and as we move forward with the strategy they will take on different spheres of responsibility to enable the charity to grow.



# Our Values



# 1

**CONNECTION – ‘BIKES ARE THE GLUE THAT HOLD US ALL TOGETHER’ – POOR MENTAL HEALTH IS COMMON & YOU ARE NOT ALONE. WE ARE HERE TO LISTEN AND SUPPORT**

TOGETHER WITH THIS COMMUNITY AND STRATEGIC RELATIONSHIPS WE WILL ACT WITH COMPASSION AND EMPATHY TO FIND WAYS THAT ENCOURAGE, EMPOWER AND INNOVATE

# 2

**BEING HUMAN – ‘WE ARE ALL AS INDIVIDUAL AS THE BIKES WE RIDE’ – WE ALL HAVE MENTAL HEALTH AND WE RECOGNISE LIVED EXPERIENCE & THE ROLE THIS PLAYS IN SUPPORTING EACH OTHER**

WORKING IN PARTNERSHIP WITH OUR VOLUNTEERS AND COMMUNITY WE WILL ACT WITH NON-JUDGEMENT AND INCLUSIVITY; SEEING THE INDIVIDUAL AND NOT THE DIAGNOSIS.

# 3

**INTEGRITY – ‘DESIGNED BY BIKERS FOR BIKERS’ – FOR ALL BIKERS, PAST & PRESENT**

ALL VOLUNTEERS OF MHMB WILL ACT WITH INTEGRITY AND BE SUPPORTED BY THE TRUSTEES & THE CURRENT POLICIES AND PROCEDURES, THEY WILL ACT WITH TRANSPARENCY AND INTEGRITY

# 4

**HOPE – ‘WE LOOK FORWARD TO THE JOURNEY AND ROAD AHEAD’**

THERE IS ALWAYS HOPE AND A NEW TOMORROW WITH OUR COMMUNITY SHARING EXPERIENCES THAT SUPPORT ADAPTATION TO FIND OTHER WAYS TO GET AROUND OBSTACLES

# 5

**MAINTENANCE & RECOVERY – ‘LOOKING AFTER OUR BIKE & OURSELVES KEEPS US RUNNING WELL’**

THROUGH THE SUPPORT OF OUR COMMUNITY WE WILL SUPPORT THOSE WHO ARE STRUGGLING, RECOGNISING THAT WHEN THEY ARE READY, THEY TOO WILL SUPPORT OTHERS



# Our Goals 2023-24



## GOAL 1

- To reach the target of training 1000 Mental Health First Aiders and create the country's first dedicated free mental health support network for the motorbike community - target date Dec 2024

## GOAL 2

- To continue to grow the amount of events and presentations the charity attends and use these to create greater brand awareness, we would like to achieve 200 events - target date Dec 2024

## GOAL 3

- To continue to increase the charity's income through donations, fundraising, merchandise sales and sponsorship so the charity remains financially viable.

## GOAL 4

- To develop a more strategic approach to our charity by developing our board of trustees and to grow the team by really developing the regional/area coordinator model. By the end of 2024 we aim to have 9 trustees and 20 regional coordinators.

## GOAL 5

- To develop the charity's work into Scotland and Wales by building the regional teams and developing Mental Health first aid into these countries - target date Dec 2024



# Wider Impact

## MENTAL HEALTH FIRST AID

### 2023 MENTAL HEALTH FIRST AID - YEAR END REPORT

- In 2023 we trained 441 people, just 59 people short of our target of 500
- 64 people were trained free of charge costing MHMB just over £7000 including 53 Race Marshals
- In addition 377 people received a subsidy at a cost to MHMB of around £22,500
- Sadly 68 people who booked didn't take up their place at a cost to the charity of just over £4000
- Of the 441 people who were trained almost 30% were female, this is remarkable as women are only a small number within the motorcycle community and only make up 1% of motorcycle test passes
- 34 volunteers supported learners on these courses.

In the later part of 2023 we won a grant from the National Lottery Community Fund (Wales) which will enable us to create a dedicated mental health support service for bikers, by bikers in Wales. Replicating the successful model used in England, this grant will allow us to:

- Train 100 bikers, across all sectors of the community, to become MHFAs during the two-year grant period (including at least 2 Welsh speaking MHFAs)
- Set up a network of Regional and Area coordinators to attend events throughout Wales.
- In 2023 we ran 12 Induction events for potential volunteers and these were attended by somewhere in the region of 220 people



# Wider Impact

## EVENTS INFORMATION

### 2023 EVENTS YEAR END REPORT

**Face to face events are very important for our profile and for our community to come and see us for support. 174 events has been possible due to the growth of the regional and area teams. This will grow even further in 2024.**

Total number of events: 174

Breakdown of events:

- Fundraising events: 14
- Race meetings: 10
- Bike Meet Ups: 29
- Partner run events supported: 53
- Talks/presentations: 24
- Visits to biker shops/cafes: 29
- Bike Ride Outs: 15

Throughout the year we supported a wide range of strategic Road Safety Partnerships such as Project Edward, Shiny Side up and the National Young Riders Forum. As well as projects such as DocBike. Biker Down and Bikesafe. We have trained bikers from ROSPA and IAM Roadsmart (advanced driving organisations) in Mental Health First Aid as well as doing awareness presentations with their teams nationally.

We are well respected within these circles and have been featured in many National publications reaching the motorbike community.





# Wider Impact

## TEAM GROWTH

### Core Team Growth:

- Regional coordinators recruited: 11
- Area coordinators recruited: 7
- Number of Trustees: 5
- Peer support Team: 21
- MHFA Training welfare team: 24
- Admin support: 3

This is a huge area of growth for the charity and having this team of volunteers has created a very exciting new dynamic which shows what is possible as we move forward.

### Impact and Testimonials:

Over 200+ positive testimonials from members receiving support on the peer support group have been collected throughout the year. Reading the testimonials really highlights from users what the peer support and charity means to them. The charity as a whole should be very proud of what support has been given. Some of the shorter testimonials can be seen on the following page.





# Testimonials



**"Our charity builds mental health support by using motorbikes as a tool for engagement and creating a network of trained mental health first aiders who work as volunteers with the charity. Mental Health Motorbike is creating a community where individuals feel heard, supported, and empowered, where we create a stigma-free space and one where our community can talk openly about mental health."**

Morning everyone 😊

Thank you for your kindness over these past few months without this group and close friends I think I'd be in a very different situation.

Big love and hugs to you all !

Thanks for the ad guys I'm a long term mental health sufferer, finally at 66 I might have just found some like minded people. Thanks again all.

Hi all. I'm going through a difficult time. I just want to say thank god (or whatever) for this group because even though I don't post about my struggles, regularly checking in on our FB page is a lifesaver for me. It's company, a friend, and somehow helps me. Thank you x

What I love about Mental Health Motorbike is the equality....every recovery is equally important and we can all recover, no matter how desperate we get, by supporting each other....mutual aid is very powerful, you can't beat it

This group is a lifesaver for so many and does such an awesome job x

**Just wanted to say a Massive Thank You & a Very Merry Christmas to the Page & to all Members. Been an Absolute lifeline for me this year & I couldn't be more Grateful** 😊😊

This support group has been a shining light in the darkness for me and without a doubt, a lifeline. Thank you so much to everyone 🌲💖 x

I would like to say a huge thank you to the Admins and members of the group for just being here. I've battled mental health issues for many years, due to breakdowns and PTSD. I've had friends I can chat to, but I sometimes feel like a burden (common sense tells me I'm not). At times this has lead to self destructive behaviour.

Being able to have a safe space, and to not feel judged is a tremendous help

Thank you

No judgement, just support in whatever way is needed

Thankyou for letting me join!  
I never expected people to be so supportive and helpful. It's a weird feeling as I didn't realise it would be so easy - so I should have done something a long time ago! But here we are. A massive thanks to all of you.

I was truly overwhelmed by the response and support from the group. Every single one agreed that I had made the right decision. It scared me a little to think that if I hadn't cut off contact, it had the potential to be dangerous. So many things I had not considered. The group is full of amazing people that are battling their own demons yet they are there to support a stranger. What a wonderful safe haven it is. Thank you

this site saved me

I tend to lurk in the sidelines but marvel at the help that is given to those that need it. This is such a well-run and much-needed group and it is great to lurk 'n' learn.

Even the jokes aren't that bad... 😊

A bit of a positive note.... After 2 years of depression, self harm and being unable to work... I have now been given a HUGE chance. I've been offered a new job in a new career in a lovely family hotel. I am over the moon!!! Thankyou for all the support to get to this point!!!!

# Wider Impact

## OTHER DATA ON WHO WE SUPPORTED

This data sample was taken in Oct 2023 from Facebook Analytics

### Online Peer Support Group:

- Bikers signed up to receive support: 3,116
- Active members in the last 60 days of sample data: 2,661
- Volunteer moderators managing the peer group: 23
- Years the group has been running: 3
- Hours it operates: 24 hours
- Gender breakdown: male 68%, female 30%, other 2%

### Predominant membership age groupings:

- 35-64 year olds, followed by 25-34s and then 65+

### Usage in the last 60 days: 951 members posted asking for support,

- 6,714 written support engagements in relation to the above,
- 27,847 member reactions (likes/care emoji's etc in relation to this support)

### Motorcycle Live Event (data from the 9 days the event ran):

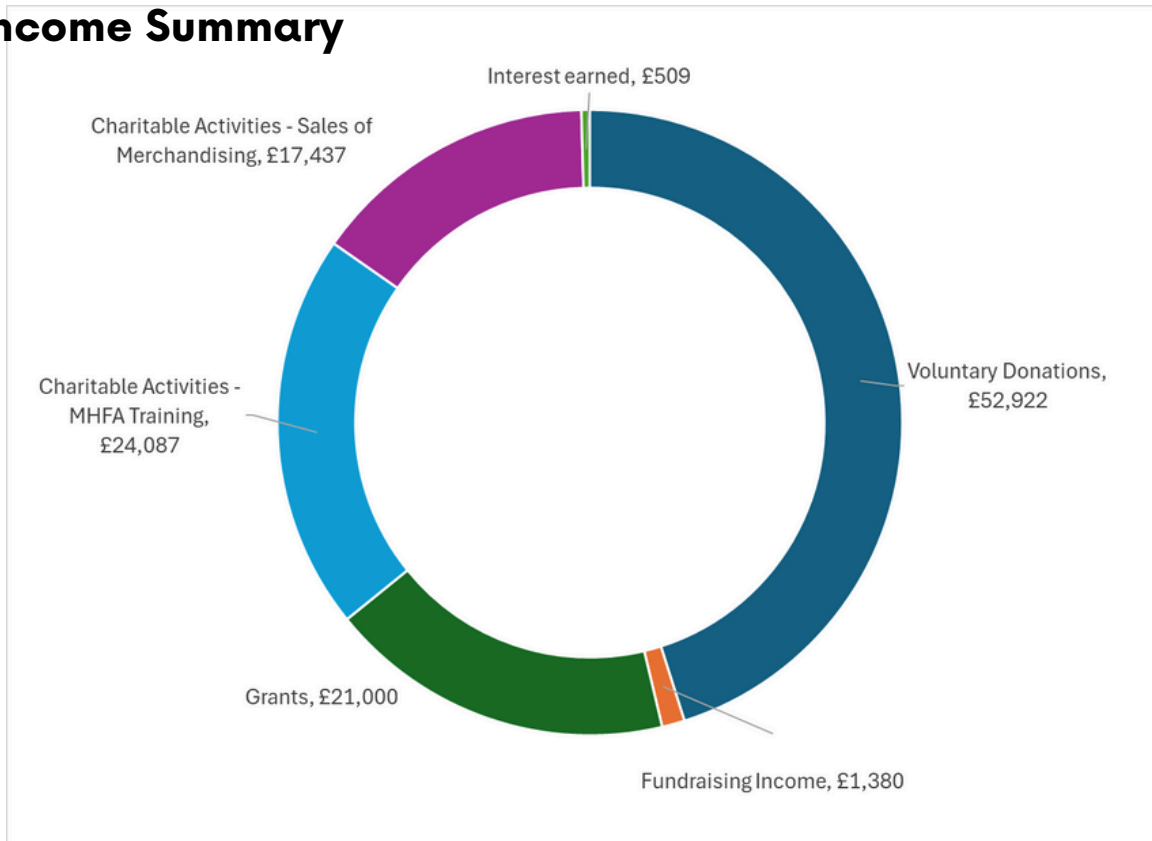
- Volunteers working at 2023 show: 52
- Volunteer support hours given: 856
- Partnership enquiries: 76
- Future event enquiries: 12
- MHFA course enquiries: 11
- One-to-one support sessions: 30
- One-to-one crisis supports: 10
- Visitor meet and greets: 4
- Engagements: thousands of members of the public visited the stand, agencies engaged with: 24

**This was our 3rd year at Motorcycle Live and it is clear have the industry, retailers and the biker community are engaging with the charity. Very big thanks to MCIA for making this possible.**

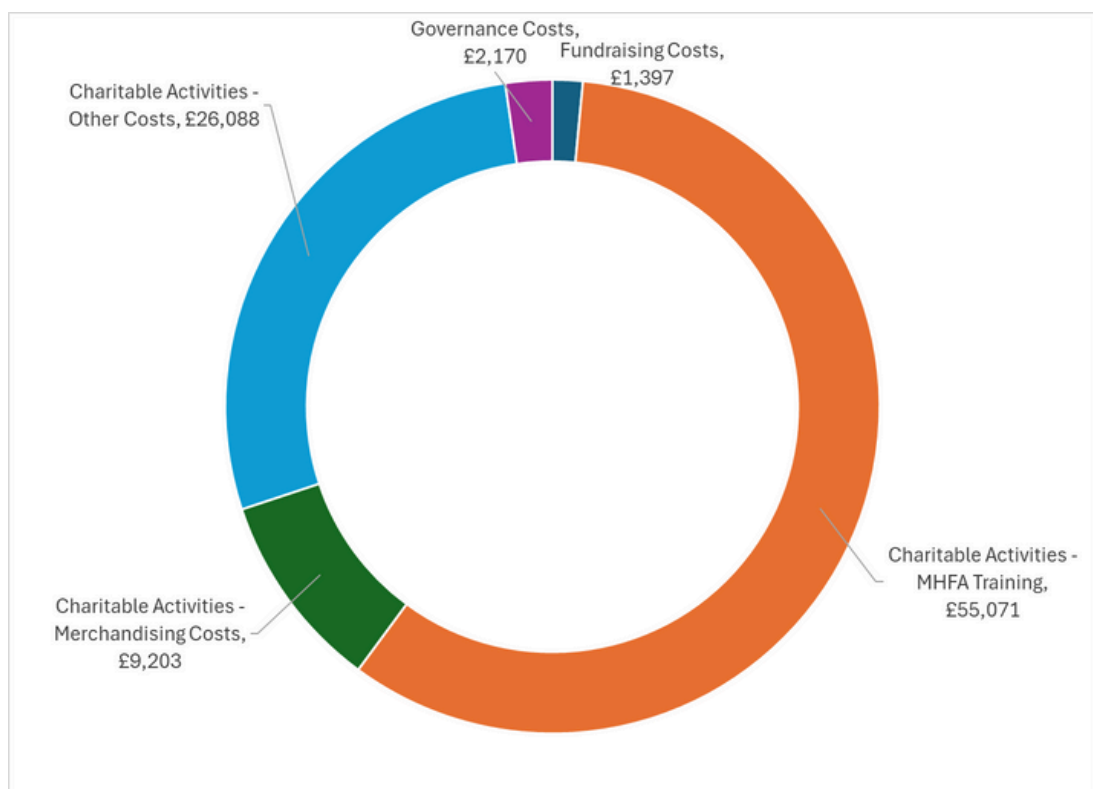


# Finances

## Income Summary



## Expenditure Summary





# The Future

## THE FUTURE

We hope from this end of year report that the reach and impact of our amazing charity is evident. From day one the intention has always to do right by our community and we are learning from them everyday.

Our future is set by the needs of our community, and ensuring we deliver a safe and effective service requires us to look back over the past 2 years to take into account the learning to go forward. With this intention, the Trustees have begun to set out the future direction in the form of a strategic plan, encompassing such aspects as:

- Good governance, including policies, safe recruiting practices and safeguarding training
- Continuing to build relationships with industry organisations for the benefit of our members,
- Expanding our reach in terms of presence at events to provide greater face to face opportunity through contact with our wonderful team of volunteers
- Carefully consider the resources required to deliver the plan so we don't fall short

Our future is bright and with steady flow of income, and a focus on what is right and important we will continue to successfully evolve to offer support to our growing community.





# Thank You's

- To all the board of Trustees, both past and present your vision has enabled us to get to this stage
- To all our Mental Health First Aiders, your investment in this training will save a life at some stage and it is allowing us to draw on some amazing volunteers
- To our Regional Coordinators you are the back bone to the operational delivery of our work and truly engaging your local community in our charity's work
- To the Area Coordinators who give so much throughout the year to deliver some incredible presentations and attend events in their local areas
- To our amazing administrators who are the unsung invisible face of of the charity working behind the scenes to make the magic happen
- To the team managing our finances and keeping the books balancing
- Thank you to all the stakeholders who are investing into the charity and enabling us to grow, without your support the charity would not be here.
- Thank you to everyone else who has played a part in our charity's growth

But most importantly thank you to our amazing community who have reached out for support to deal with adversity life has thrown at them. Reaching out and asking for help is the hardest and biggest step you have taken. Thank you for trusting us to give you that support



# Supporters



**The Fleet Auction Group**  
Setting standards to lead the industry



**fletchers**  
solicitors



**LOTTERY FUNDED**



**CRONFA  
GYMUNEDOL  
COMMUNITY  
FUND**



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 2023

Charity no  
(if any)

1196406

Set out on pages

1 to 5 (One to Five) 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 2023.

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 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: 17/09/2024

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

	Unrestricted funds	Restricted Income funds	Endowment funds	Total funds	Prior year funds
	£	£	£	£	£
<b>Income and endowments from:</b>					
Donations and legacies	53,922	20,000	0	73,922	51,644
Charitable activities	41,524	0	0	41,524	14,905
Other trading activities	1,380	0	0	1,380	1,885
Investments	509	0	0	509	66
Separate material item of income	0	0	0	0	0
Other	0	0	0	0	0
<b>Total</b>	<b>97,335</b>	<b>20,000</b>	<b>0</b>	<b>117,335</b>	<b>68,500</b>
<b>Expenditure on:</b>					
Raising funds	82,004	0	0	82,004	7,105
Charitable activities	11,838	86	0	11,925	16,577
Separate material item of expense	0	0	0	0	0
Other	0	0	0	0	0
<b>Total</b>	<b>93,842</b>	<b>86</b>	<b>0</b>	<b>93,929</b>	<b>23,682</b>
<b>Net income/(expenditure) before investment gains/(losses)</b>	<b>3,493</b>	<b>19,914</b>	<b>0</b>	<b>23,406</b>	<b>44,817</b>
Net gains/(losses) on investments	0	0	0	0	0
<b>Net income/(expenditure)</b>	<b>3,493</b>	<b>19,914</b>	<b>0</b>	<b>23,406</b>	<b>44,817</b>
<b>Extraordinary items</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>Transfers between funds</b>	<b>9,413</b>	<b>-9,413</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>Net Movement in Funds</b>	<b>12,906</b>	<b>10,501</b>	<b>0</b>	<b>23,406</b>	<b>44,817</b>
<b>Reconciliation of Funds</b>					
Total funds brought forward	35,404	9,413	0	44,817	
<b>Total funds carried forward</b>	<b>48,310</b>	<b>19,914</b>	<b>0</b>	<b>68,224</b>	

Charity no. 1196406

Mental Health Motorbike

December 2023

	<u>Unrestricted</u>	<u>Restricted</u>	<u>Endowment</u>	<u>Year Total</u>	<u>Last Year</u>
S01 Donations and legacies					
Donations received	6,221	0	0	6,221	2,849
PayPal donations	7,717	0	0	7,717	21,678
Regular donations (Clubright)	6,297	0	0	6,297	3,437
Online donations (Other)	20,533	0	0	20,533	2,317
Other general donations	290	0	0	290	0
Cash donations from events	1,142	0	0	1,142	1,354
Cash donations from cash tins	4,268	0	0	4,268	0
Other general cash donations	5,725	0	0	5,725	10,595
Gift aid tax claimed	729	0	0	729	0
Grants received	1,000	20,000	0	21,000	9,413
	53,923	20,000	0	73,922	51,643
S02 Charitable activities (inc.)					
Sales	765	0	0	765	0
Sales or merchandising	15,380	0	0	15,380	6,852
Redline commission on merchand	1,292	0	0	1,292	725
Fees rec for MHFA training	24,087	0	0	24,087	7,328
	41,524	0	0	41,524	14,905
S03 Other trading activities					
Fundraising income	180	0	0	180	1,885
Sponsorship income	1,200	0	0	1,200	0
	1,380	0	0	1,380	1,885
S04 Investments					
Interest received	509	0	0	509	66
	509	0	0	509	66
S05 Separate material item of income					
	0	0	0	0	0
S06 Other (inc.)					
	0	0	0	0	0
S08 Raising funds					
Fundraising costs	90	0	0	90	1,549
Membership Platform Fees	1,307	0	0	1,307	0
Goods for resale	0	0	0	0	587
Cost of merchandising for sale	9,203	0	0	9,203	986
Fees for services	16,333	0	0	16,333	0
MHFA training course costs	55,071	0	0	55,071	3,983

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Mental Health Motorbike

December 2023

	<u>Unrestricted</u>	<u>Restricted</u>	<u>Endowment</u>	<u>Year Total</u>	<u>Last Year</u>
	82,004	0	0	82,004	7,105
S09 Charitable activities					
Gifts/grants given	0	0	0	0	587
Vehicle costs	50	0	0	50	0
Travel expenses	2,127	0	0	2,127	1,296
Subsistence costs	2,251	0	0	2,251	432
Volunteer expenses	25	0	0	25	2,826
Utilities	265	0	0	265	0
Insurances	96	0	0	96	96
Caretaking	12	0	0	12	0
Postage	1,002	0	0	1,002	358
Stationery	72	0	0	72	43
Printing / photocopying	1,195	0	0	1,195	114
Website	320	0	0	320	0
Publicity costs	46	86	0	132	5,077
IT costs	2,088	0	0	2,088	2,035
Equipment purchases	120	0	0	120	228
Admin Costs	0	0	0	0	1,800
Audit & accountancy costs	180	0	0	180	300
Trustees meeting expenses	555	0	0	555	0
Bank charges	974	0	0	974	644
Other professional fees	461	0	0	461	742
	11,839	86	0	11,925	16,578
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	-9,413	9,413	0	0	0
	-9,413	9,413	0	0	0