

# THE MENTAL HEALTH AND RESILIENCE FOUNDATION

England & Wales · Charity number 1205778

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2023-11-16

**Register** [View on the Charity Commission register](#)

## Contact

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**Address** 23 Killieser Avenue  
London  
SW2 4NX

**Phone** 02086719086

**Email** [rupert@andresilience.org](mailto:rupert@andresilience.org)

**Website** <https://www.andresilience.org/>

## Activities

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**Objects:** THE OBJECTS OF THE CIO ARE: TO ADVANCE SUCH CHARITABLE PURPOSES (ACCORDING TO THE LAW OF ENGLAND AND WALES) AS THE TRUSTEES SEE FIT FROM TIME TO TIME IN PARTICULAR BUT NOT LIMITED TO ADVANCING THE PROVISION OF MENTAL HEALTH CARE IN THE UK FOR THE PUBLIC BENEFIT BY: 3.1 RESILIENCE ADVOCACY: ADVOCATE TO ALL MENTAL HEALTH STAKEHOLDERS AND THE WIDER POPULATION, THE BENEFITS OF THE FREQUENT AND CONSISTENT USE OF AND REFERENCE TO 'RESILIENCE' AS AN ESSENTIAL AND CENTRAL PART OF ALL MENTAL HEALTH DISCUSSIONS, STRATEGIES AND POTENTIAL SOLUTIONS. 3.2 RESILIENCE FUNDRAISING: BE A CENTRAL FOCAL POINT AND RESOURCE FOR RAISING SUBSTANTIAL SINGLE AND MULTIPLE DONATIONS FROM CORPORATES AND OTHER ORGANISATIONS AND BODIES WHO UNDERSTAND AND FULLY SUPPORT THE OBJECTS, IN ADDITION TO RAISING FUNDS THROUGH SPONSORED EVENTS AND OTHER ACTIVITIES. 3.3 RESILIENCE BEST PRACTICE: BE AN ACTIVE DEVELOPER AND PROMOTER OF RESILIENCE SUPPORT MECHANISMS AND TRAINING, WORKING WITH ORGANISATIONS AND CHARITIES ACTIVE IN THIS SPACE TO INTERROGATE, SHARE AND DISSEMINATE BEST PRACTICE CAPABILITIES, STRATEGIES AND SOLUTIONS. AS APPROPRIATE, COMMISSION THE CREATION OF UNIVERSAL AND TRANSFERRABLE TRAINING TOOLS AND TRAINING PROGRAMMES TO BE SHARED WITH OTHER ORGANISATIONS, CHARITIES AND THE WIDER PUBLIC. 3.4 RESILIENCE INFRASTRUCTURE GROWTH: WORK WITH EXISTING AND NEW CHARITIES AND OTHER ORGANISATIONS TO HELP THEM BUILD INCREASED CAPACITY AND IMPROVED CAPABILITY (PROVIDING FUNDING SUPPORT WHERE NECESSARY) TO PROVIDE TRAINING, MENTORING, COACHING AND OTHER SUPPORT MECHANISMS FOCUSED ON BUILDING AND IMPROVING THE RESILIENCE AND MENTAL HEALTH OF INDIVIDUALS OR GROUPS OF INDIVIDUALS, PARTICULARLY CHILDREN AND YOUNG ADULTS. IT IS CURRENTLY NOT INTENDED THAT THE FOUNDATION WILL SEEK TO BUILD ITS OWN DELIVERY CAPABILITY BUT FOCUS ITS EFFORTS ON HELPING OTHER ORGANISATIONS OF DIFFERENT TYPES AND SIZES BUILD THEIR OWN DELIVERY CAPABILITY.

**Activities:** The Foundation is committed to the prevention of mental health problems in the UK by promoting the importance of always adding and Resilience to the phrase Mental Health, and by providing access to and encouraging peer to peer sharing of all available Best Practice strategies and actions that help build resilience. For schools, for businesses, for other organisations and for individuals.

## Classification

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- **How:** Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** Children/young People, The General Public/mankind

## Geography

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- Throughout England

## Finances

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Period end	Income	Expenditure	Assets	Employees
2025-04-30	£109,329	£99,186	-	-

## Trustees

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Name	Role	Appointed
Anthony Tussaud		2023-07-15
Bridget TUSSAUD		2023-07-15
Rupert Clarke		2023-07-15
Sara Clarke		2023-07-15

**THE MENTAL HEALTH AND RESILIENCE FOUNDATION**

England & Wales - Charity number 1205778

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# Accounts

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**Section A**

**Independent Examiner's Report**

**Report to the trustees/  
members of**

Charity Name  
The Mental Health and Resilience Foundation

**On accounts for the year  
ended**

30.04.2025 **Charity no  
(if any)** 1205778

**Set out on pages**

CC16a Receipts and Payments account  
(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31.07.2025.

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

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

*\* Please delete the words in the brackets if they do not apply.*

**Signed:**

**Date:** 05.09.2025

**Name:**

Amy Sole FCA

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

ICAEW Chartered accountant

**Address:**

Phillips Frith LLP, 9 Tregarne Terrace, St Austell, Cornwall. PL25 4DD

Only complete if the examiner needs to highlight 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 COMMISSION  
FOR ENGLAND AND WALES

Charity Name <b>The Mental Health and Resilience Foundation</b>	No (if any) 1205778
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CC16a


## Receipts and payments accounts

For the period from	16/11/2023	To	30/04/2025
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### Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
Donations & fundraising	51,012	-	-	51,012	-
Donations (reimbursed expenditure)	58,317	-	-	58,317	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>109,329</b>	<b>-</b>	<b>-</b>	<b>109,329</b>	<b>-</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>109,329</b>	<b>-</b>	<b>-</b>	<b>109,329</b>	<b>-</b>
<b>A3 Payments</b>					
Education	38,475	-	-	38,475	-
Resilience content development	32,400	-	-	32,400	-
Web design and resources	15,345	-	-	15,345	-
Legal and professional	6,482	-	-	6,482	-
Fundraising support	6,117	-	-	6,117	-
Support and marketing	367	-	-	367	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>99,186</b>	<b>-</b>	<b>-</b>	<b>99,186</b>	<b>-</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>99,186</b>	<b>-</b>	<b>-</b>	<b>99,186</b>	<b>-</b>
<b>Net of receipts/(payments)</b>	<b>10,143</b>	<b>-</b>	<b>-</b>	<b>10,143</b>	<b>-</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Cash funds this year end</b>	<b>10,143</b>	<b>-</b>	<b>-</b>	<b>10,143</b>	<b>-</b>

## Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>	Metro Bank	10,143	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>10,143</b>	<b>-</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK
<b>B2 Other monetary assets</b>	<b>Details</b>	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>	<b>Details</b>	Fund to which asset belongs	Cost (optional)	Current value (optional)
	Shares in andresilience Limited		100	100
			-	-
			-	-
			-	-
<b>B4 Assets retained for the charity's own use</b>	<b>Details</b>	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B5 Liabilities</b>	<b>Details</b>	Fund to which liability relates	Amount due (optional)	When due (optional)
	Share capital unpaid		100	100
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
	 <small>Rupert Clarke (Oct 16, 2025 11:15:13 GMT+1)</small>		16/10/2025	



## Trustees' Annual Report for the period

**From** 16.11.23                      **Period start date**  
**To** 30.04.25                        **Period end date**

**Charity name: The Mental Health and Resilience Foundation**

**Charity registration number: 1205778**

## Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The Foundation is committed to the prevention of mental health problems in the UK by promoting the importance of always adding and Resilience to the phrase Mental Health, and by providing access to and encouraging peer to peer sharing of all available Best Practice strategies and actions that help build resilience. For schools, for businesses, for other organisations and for individuals.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	The Foundation established the support resources and communication materials needed to help it meet its objects, including in particular the "andResilience Best Practice Gateway". The charity actively engaged with Schools who are now adopting the principles of "andResilience", including 10 Schools which are involved in the Foundations Pilot Programme, in order to stress test the support materials and to improve their clarity, content and communication.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The trustees have regards to the guidance issued by the Charity Commission on public benefit.

### Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
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Policy on grant making	Para 1.38	It is not intended that the Foundation should make grants in the normal course of meeting it's objectives.
Policy on social investment including program related investment	Para 1.38	n/a
Contribution made by volunteers	Para 1.38	Friends, family, partners and Advisory Board members have volunteered their time and efforts all in return for zero compensation.
Other		

## Achievements and Performance

	SORP reference	
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<p>Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.</p>	<p>Para 1.20</p>	<p><b>The main Achievements are:</b></p> <ul style="list-style-type: none"> <li>• <b>Engagement with Schools:</b> School engagement is the most important part of the Foundation's target audience. Over the last 18 months a wide range of schools have been exposed to the andResilience proposition and currently around 25 schools are in the process of fully adopting andResilience.</li> <li>• <b>Engagement with Mental Health charities and other stakeholders:</b> that had a particular specialisation of promoting resilience as a key part of preventing and/or reducing the severity of mental health problems. Many of these have become Foundation Partners</li> <li>• <b>Resilience Research and Best Practice Gateway:</b> In addition to resources provided by Partner charities, the Foundation completed further research into those strategies that were proven to help build resilience, starting initially with the young generally and schools in particular, but then later on expanding the research to cover all age groups and contexts. This forms the basis of establishing the "andResilience Best Practice Gateway" which now has around 400 resilience building best practice resources that can be freely accessed by Schools and Businesses, and by individuals.</li> <li>• <b>Building the "andResilience" website and messaging:</b> This was completed and up and running in early 2025. Over the period the support marketing materials have been evolving to simplify and clarify the andResilience message and proposition.</li> <li>• <b>Advisory Board:</b> The Advisory Board consists of highly credible mental health professionals and other relevant stakeholders. This Board is not a formal part of the constitution of the Foundation and appointments to the Advisory Board are voluntary/unpaid.</li> </ul>
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**Additional information (optional)**

You may choose to include further statements where relevant about:

<p>Achievements against objectives set</p>	<p>Para 1.41</p>	<p>Progress towards meeting objectives has passed the first main hurdles of establishing, and stress testing the proposition by engaging with a wide range of schools and other stakeholders.</p>
<p>Performance of fundraising activities against objectives set</p>	<p>Para 1.41</p>	<p>Third party fundraising has not really commenced as efforts have been focused on receiving financial support from the founders to cover costs incurred during the establishment phase of the Foundation. Accordingly financial support to date has been limited to donations from;</p> <ul style="list-style-type: none"> <li>- The Sophie Clarke Foundation</li> <li>- Rupert Clarke</li> <li>- The Peter Sowerby Foundation (that has committed to grant £25,000 to part fund the Schools Pilot Programme, of which £12,500 has been drawn to date)</li> </ul>
<p>Investment performance against objectives</p>	<p>Para 1.41</p>	<p>The Foundation has established its and Resilience proposition, is actively promoting it in schools and businesses and has created the Best Practice Gateway, all in support of achieving the Foundation's objectives.</p>
<p>Other</p>		

## Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	To date, during its establishment phase, the Foundation has not had the opportunity to build any reserves to fund future costs and operates on the basis of relying on the support of its primary benefactors (The Sophie Clarke Foundation and Rupert Clarke) and on activity minimising monthly and ongoing running costs.
Amount of reserves held	Para 1.22	£10,143 cash on the balance sheet at the end of the reporting period but this is being used to cover ongoing costs.
Reasons for holding zero reserves	Para 1.22	There are no third party donors who have yet been identified to allow the Foundation to build up any reserves for future investment.
Details of fund materially in deficit	Para 1.24	n/a
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	On 08.08.25 the Foundation received a further £20,000 from The Sophie Clarke Foundation, ensuring that future costs could be covered, demonstrating TSCF's ongoing support of the Foundation.

### Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	The Sophie Clarke Foundation Rupert Clarke The Peter Sowerby Foundation
Investment policy and objectives including any social investment policy adopted	Para 1.46	n/a
A description of the principal risks facing the charity	Para 1.46	Lack of capital and resources. The charity relies primarily on its Trustees support and, in order to balance the books, currently has only one part time consultant to help further its interests. Over the next twelve months the Foundation is committed to identifying some significant new sponsorship and funding which will enable the Foundation to far quicker further its objectives.

Other		
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## Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Trust deed
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	Unincorporated association
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Rupert Clarke - Lead trustee

### Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	n/a - no new trustees
The charity's organisational structure and any wider network with which the charity works	Para 1.51	n/a
Relationship with any related parties	Para 1.51	The charity is financially supported by The Sophie Clarke Foundation which co-founded the Foundation working jointly with Wilfrid's House. None of the Trustees have any financial or other interests in or benefits from either TSCF or TMHandRF, other than being direct or indirect personal financial donors to those charities, as may be required.
Other		

## Reference and Administrative details

Charity name	The Mental Health and Resilience Foundation
Other name the charity uses	andResilience
Registered charity number	1205778
Charity's principal address	23 Killieser Avenue, London, SW2 4NX

**Names of the charity trustees who manage the charity**

	<b>Trustee name</b>	<b>Office (if any)</b>	<b>Dates acted if not for whole year</b>	<b>Name of person (or body) entitled to appoint trustee (if any)</b>
1	Rupert Clarke	-	-	-
2	Bridget Tussaud	-	-	-
3	Sara Clarke	-	-	-
4	Anthony Tussaud	-	-	-
5		-	-	-
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

**Corporate trustees – names of the directors at the date the report was approved**

<b>Director name</b>		
<b>n/a</b>		


Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	
n/a		

## Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	n/a
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	n/a
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	n/a

### Additional information (optional)

#### Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
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n/a		

#### Name of chief executive or names of senior staff members (Optional information)

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## Exemptions from disclosure

Reason for non-disclosure of key personnel details

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## Other optional information


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## Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

 Rupert Clarke (Oct 16, 2025 11:15:13 GMT+1)	
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Full name(s)

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Position (eg  
Secretary, Chair, etc)

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Date

16/10/2025