

BIPOLAR UK LTD

England & Wales · Charity number 293340

Details

Other names	MDF THE BIPOLAR ORGANISATION, BIPOLAR UK, M D F
Status	Registered
Legal form	Charitable company
Company number	01955570
Registered	1986-02-10
Register	View on the Charity Commission register

Contact

Address
Bipolar UK
Only Connect UK
32 Cubitt Street
London
WC1X 0LR

Phone 020 4542 0333

Email info@bipolaruk.org

Website www.bipolaruk.org

Activities

Objects: TO SUPPORT ALL INDIVIDUALS AFFECTED BY BIPOLAR DISORDER AND ASSOCIATED ILLNESSES IN ANY WAY WHICH IS CHARITABLE IN LAW.

Activities: We are the national charity dedicated to supporting individuals affected by bipolar. We provide a range of services including information & advice, a network of support groups, eCommunity, workplace training & telephone & email peer support. We also work in partnership with research organisations and campaign for new developments to tackle key issues.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** Children/young People, People With Disabilities, Other Defined Groups, The General Public/mankind

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£1,556,088	£1,578,606	£1,585,697	31
2024-03-31	£1,707,052	£1,414,959	£1,605,907	28
2023-03-31	£1,343,565	£1,236,900	£1,288,159	24
2022-03-31	£1,175,634	£892,105	£1,237,097	17
2021-03-31	£1,182,345	£703,518	£1,003,649	14

Trustees

Name	Role	Appointed
Alice Louise Filkin Alphandary		2018-09-15
Ann James		2025-06-28
Chennel Delcina Lawrence		2025-09-27
Daniel Whitlam		2022-12-10
Dr Aditya Sharma		2022-12-10
Edmund Butcher		2022-12-10
Guy David Paisner		2018-09-15
Howard Sinclair		2025-06-28
Jody Tanis Rudd Wilson		2025-09-27
Louis Constandinos		2022-12-10
Melissa Elizabeth Vokes Barnett-Welch		2019-10-05
Robert Stephen Print		2018-09-15
Steven John Gilbert		2025-03-22

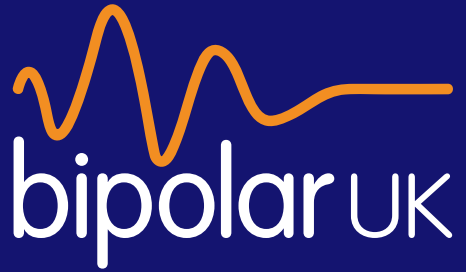
Linked charities

- MANIC DEPRESSION FELLOWSHIP (NORTH WEST) (293340-1)
- MDF GREATER LONDON (293340-2)

BIPOLAR UK LTD

England & Wales - Charity number 293340

Accounts



**Building a better world
together for everyone
affected by bipolar**

**Report and financial statements
1 April 2024 - 31 March 2025**

BIPOLAR UK LTD
COMPANY NUMBER 1955570
CHARITY NUMBER 293340

Our mission

Building a better world
together for people
affected by bipolar
Support. Research. Campaign.



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bipolarUK



CEO Message 2024/25

2024/25 marked my seventh year as CEO of Bipolar UK. It was another year of growth for the charity as we made more calls, ran more groups, were involved in more research studies and had more people accessing our website than in previous years.



Simon Kitchen
Chief Executive Officer
Bipolar UK

For now, we might only be reaching a fraction of the estimated six million* people affected by bipolar in the UK who could benefit from our support, but for those who we do reach our support can be transformative, and sometimes lifesaving.

We held 90 support group meetings in March 2025 and from April 2024 to March 2025 we helped almost 7000 people through our 1-1 Peer Support Line. This empowered thousands of people to manage their bipolar better, or to support a friend or family member through a challenging time.

Thanks to funding from the Department of Health and Social Care, many of our staff and volunteers supporting people in England were able to take part in external suicide prevention training on how to spot and support people experiencing suicidal thoughts. The grant also funded a series of weekly webinars focusing on this all-too-common symptom of bipolar. This work is helping the charity to save even more lives.

In 2024/25 our research function also went from strength to strength with key research partnerships with Lancaster University, Cardiff University, Newcastle University and King's College London. We worked alongside our research partners to secure substantial funding, and we improved the quality of their research by using a co-production approach which puts people with lived experience at its heart.

Raising awareness and increasing understanding of bipolar remains a priority. In early 2025 we were delighted to announce the appointment of two high-profile ambassadors: celebrity chef Heston Blumenthal and political journalist Anushka Asthana. Heston is living with bipolar, and Anushka has a close family connection. Between them they secured many column inches of coverage with 'bipolar' making headline news on both the BBC and ITV. And I was privileged to make another trip to Salford to sit on the BBC Breakfast sofa with Heston.

Between them and our other brilliant ambassadors and media volunteers our monthly press coverage reached an impressive average monthly audience of nearly 17 million. This is significant because it's only through the steady stream of trustworthy stories about bipolar in the news that social attitudes can change and the health service can finally take notice and step up.

I'm also pleased to share that in 2024 we secured three years of funding from a generous donor, which will enable us to relaunch and expand our 'Could it be bipolar?' campaign in the coming year. This flagship campaign will help many more people living with undiagnosed bipolar to get the treatment and support they deserve.

Our Big Give appeal was the biggest yet, with £24,000 raised. The extraordinary willingness of our community to get behind fundraising campaigns such as the Big Give demonstrated the community's depth of support for our work and how much they value Bipolar UK's services.

On the back of our report on Bipolar in the Workplace we've seen a big uptake in our online [workplace training](#). More and more employers are starting to take bipolar seriously and to see the benefits of understanding bipolar better making practical reasonable adjustments that enable staff with the condition to thrive.

We are leading national advocacy to transform how people with bipolar are diagnosed and treated – tackling the shocking delay to diagnosis and the lack of specialist care that follows.

Momentum is building: we've met with Mental Health Ministers in England and Wales and, following a consultation on their new Mental Health and Wellbeing Strategy, the Welsh Government have acknowledged these extensive delays and the lack of specialist care. We will continue working to ensure this recognition leads to meaningful, lasting change across all nations of the UK.

*more than one million people live with bipolar in the UK; for each of them, five loved ones are significantly impacted

Reference and Administrative Information

Company number

1955570

Country of incorporation

United Kingdom

Charity number

293340

Country of registration

England & Wales

Registered office and operational address

32 Cubitt Street, London WC1X 0LR

Trustees

Trustees, who are also directors under company law, who served during the year and up to the date of this report, are as follows:

Guy Paisner, Chair

Dan Whitlam FCA, Treasurer

Alice Alphandary

Melissa Barnett-Welch

Ed Butcher

Jeremy Clark (Retired 30/09/2024)

Louis Constandinos

Derrick Dale KC (Retired 04/12/2025)

Sarita Dent (Retired 30/09/2024)

Steven Gilbert OBE (Appointed 25/03/2025)

Ann James (Appointed 28/06/2025)

Chennel Lawrence, (Appointed 25/09/2025)

Robert Print

Jody Rudd-Wilson, (Appointed 25/09/2025)

Hilary Samson-Barry (Retired 30/09/2024)

Dr Aditya Sharma

Nadia Silver, Vice Chair (Retired 18/03/2025)

Howard Sinclair (Appointed 28/06/2025)

William Waldon-Jones (Retired 30/09/2024)

Senior management personnel

Simon Kitchen, Chief Executive

Rosie Phillips, Deputy Chief Executive

Bankers

CAF Bank

25 Kings Hill Avenue
Kings Hill
West Malling
Kent ME19 4JQ

NatWest Bank plc

5 Market Place
Kingston Upon Thames
Surrey KT1 1JX

Solicitors

Carter Bells

Kings' Stone House
12 High Street
Kingston Upon Thames
Surrey KT1 1HD

Auditor

Sayer Vincent LLP

Chartered Accountants and Statutory Auditor
110 Golden Lane
London EC1Y 0TG



Trustees annual report

The Trustees present their report and audited financial statements for the year ended 31st March 2025.

Reference and administrative information set out on page 4 forms part of this report. The financial statements comply with current statutory requirements, the memorandum and articles of association, the requirements of a directors' report as required under company law, the Statement of Recommended Practice – Accounting and Reporting by Charities: SORP applicable to charities preparing their accounts in accordance with FRS 102.



We partner with 'Run For Charity' to offer lots of exciting running events

Objectives and activities

Bipolar UK's founding ethos was to bring people with bipolar together to share their experiences and support each other. Consistent with this ethos our Charitable Objects are to support all individuals affected by bipolar disorder and associated illnesses in any way which is charitable in law.

Bipolar UK's vision is that everyone affected by bipolar can live well and fulfil their potential.

The Trustees review the aims, objectives and activities of the charity each year, taking into account the Charity Commission's general guidance on public benefit.

Over the summer of 2024 the Trustees and staff met to review and refresh our mission.

Lived experience of bipolar, both people living with bipolar and their close friends and family, remains at our core and to achieve our mission we have split our work into five key themes:

Educate: Transform understanding and eliminate stigma

Campaign: Advocate for earlier diagnosis of, specialist treatment and support for, and research into bipolar

Inform: Create and promote tools to empower people to recognise and manage bipolar symptoms

Support: Provide inclusive bipolar peer support in person, over the phone and online

Research: Improve outcomes for people living with bipolar.

Where we are now

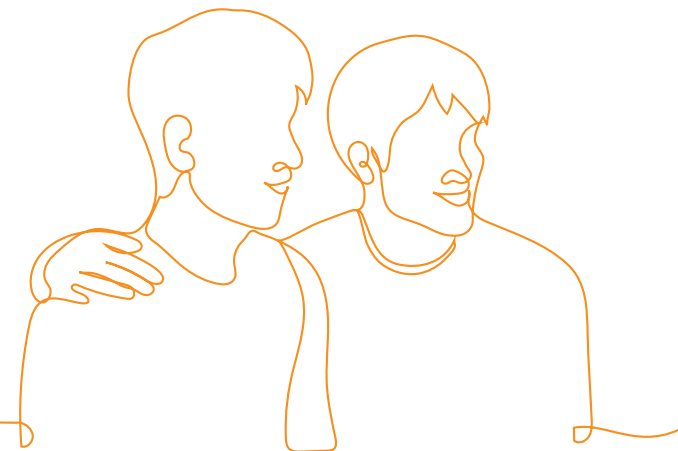
We are incredibly grateful to our 237 volunteers who make a massive contribution to our work. In 2024/25 our volunteers, together with our 30 members of staff, enabled Bipolar UK to engage with and support over 10,000 people affected by bipolar every month.



You have helped me so much
– I do not think I could deal with
the issues, we have discussed
– without your support and useful
resources – information etc.'

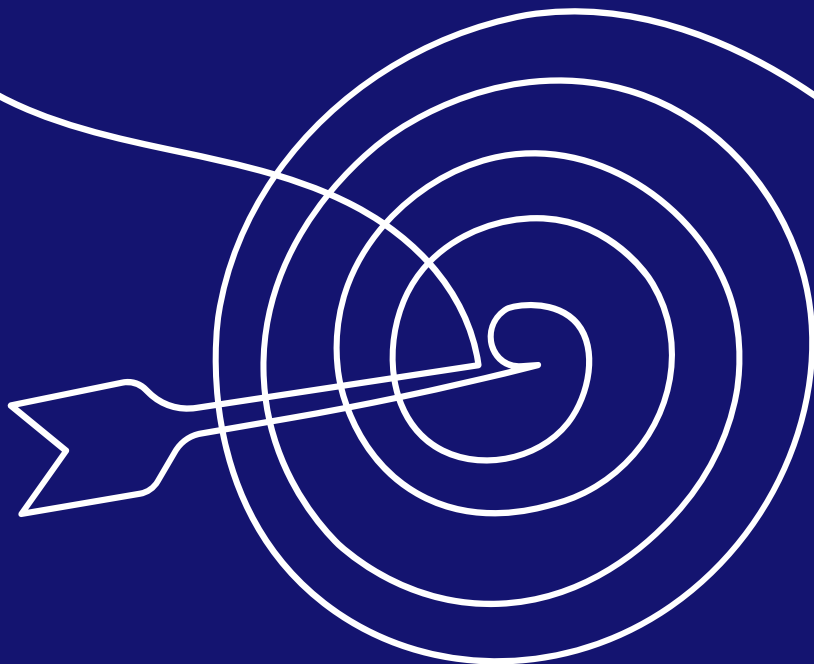
Our new mission statement:

Building a better world together for people affected by bipolar
Support. Research. Campaign.



Review of achievements

2024/25 was another year of positive progress for the charity as our peer support services exceeded our pre-pandemic level of support.



Our campaigns and projects

Bipolar Commission

During 2024/25 our Bipolar Commission expanded its focus to look at bipolar in the workplace, bipolar and welfare reform and bipolar stigma. We carried out three extensive surveys of our community and unsurprisingly, found that stigma and discrimination are still major barriers to employment and progression. We also created two reports: [Bipolar in the Workplace](#) and [Bipolar and Welfare Reform](#) putting forward our recommendations and practical suggestions. For example, in the workplace, we recommended the implementation of flexible working and 'guilt free' sick days so people can take time off if they feel themselves becoming unwell. And regarding welfare reform, we recommended bipolar-friendly Work Capability Assessments that are person-centred, holistic and carried out by trained professionals.

To help drive the implementation of the Bipolar Commission's recommendations on diagnosis and access to specialist treatment, we used the General Election as an opportunity to engage candidates from across the political spectrum. We also reached out and built up a relationship with a Westminster MP and Senedd Member who both publicly shared that they have bipolar - both important milestones for the community.

Mood Tracker app

Keeping track of and being aware of daily mood is a key self-management technique and a way people living with bipolar can empower themselves to manage bipolar. Our [Mood Tracker app](#) which we launched in March 2022 continues to be popular with 19,811 downloads in 2024/25 – taking the total number of overall downloads to 53,214 as of the end of March 2025.

19,811

downloads of our Mood Tracker app in 2024/25



Workplace training

Interest in our workplace training steadily grew in 2024/25 following media attention around our 'Bipolar in the Workplace' report, with a 75% increase in sessions booked compared to the previous year. More organisations are recognising the value of learning from lived experience speakers, alongside using resources such as reasonable adjustments and advance statements to support a more bipolar-friendly workplace environment.

We have delivered training to organisations across a wide variety of industries including not-for-profit, education, finance, industrial and IT. This area of work is becoming a growing revenue stream for the charity alongside improving understanding of bipolar and opening opportunities for further collaborations.

Rotary partnership

In September 2024, we were delighted to renew our national partnership with Rotary in Great Britain and Ireland for a third year. Through a programme of events, webinars and activities, we continued to increase understanding of bipolar through Rotary's 50,000-strong membership in the UK.

Highlights included delivering a talk at Rotary's National Action Summit in Newcastle and Rotary Digital Magazine featuring an article about members personally affected by bipolar as their cover story. 100 Rotary clubs also marked World Bipolar Day in their communities, with activities ranging from stalls in shopping centres, libraries and markets, to sponsored walks and litter picks, a 60% increase in engagement from the previous year.

The Rotary Bipolar eClub hosted a number of webinars including a conversation about bipolar and friendship with music greats, Nicky Chinn and Ed Bicknell, as well as a session on bipolar and parenting, attracting over 500 registrants across the two events. The eClub also hosted a successful local fundraising event at Chertsey Miniature Railway.

Our online conference

On 30 March 2025, as part of a World Bipolar Week series, we ran our annual virtual conference, with a big focus on stigma. Bipolar UK ambassador and TV presenter Leah Charles-King was our incredible host for the fifth year running. There was a panel discussion on 'Let's end bipolar stigma' as well as a Q&A about the keto diet and bipolar. There was also an exclusive interview from our newly appointed ambassador, Chef and Restaurateur, Heston Blumenthal. It was watched by over 2000 people.



I have had several individual support telephone calls. The person I spoke to is lovely to talk to and very supportive. I was in a very low place when we first had a chat but over several calls their positive attitude seems to have rubbed off - I was motivated to make changes towards a healthier diet and more exercise as well as meditation. I am now feeling much better and in a much more balanced frame of mind. I am very grateful to Bipolar UK for having such a good service. The support has been outstanding.'

Our peer support services



It's such a huge relief to meet with other people who are coping with similar problems. Your support groups provide so much really beneficial information and practical advice. It's hard to describe how much they help me not to feel alone in circumstances that can be overwhelmingly painful and frightening. Thank you.'



Peer Support Groups

During the month of March 2025, we held 90 Peer Support group meetings. From April 24 to March 25, we held an average of 85 meetings a month throughout England, Wales and Northern Ireland, up from 74 the previous year (April 23 - March 24).

Between 2023/24 and 2024/25, average monthly reported attendance increased from 351 in 2023/24 to 391 in 2024/25. The increase in attendance is positive, and we anticipate continued growth going forward. The charity conducted a review of group provision at the start of 2025 and found that there was lower than expected attendance at some new local online groups. The charity has consequently repurposed these groups to open national groups.

Peer Support 1-1 call-back and email service

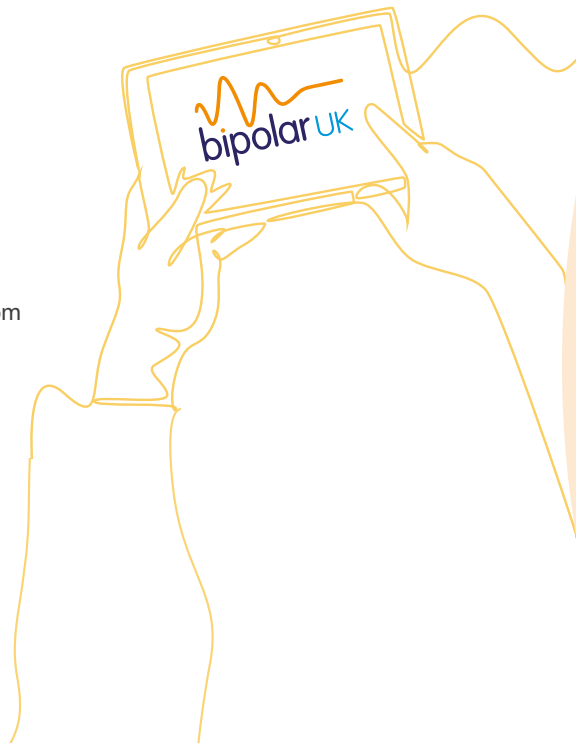
Between April 2024 and March 2025, we delivered 6,964 incidents of support via 1-1 emails and call-backs, a 32% increase compared to the previous year.

We know that we are only reaching a small proportion of the people who could benefit from our 1-1 calls and emails.

The eCommunity

In 2024/25, the eCommunity continued to grow to over 15,000 members over the course of the year, with 648,616 visits. Having moderators on hand 365 days a year, between 8am and 8pm, helps to secure the safety of members. Moderators ensure all content that's shared is appropriate, engage with the community and offer 1-1 support via private messages.

During 2024/25 the charity launched a series of popular Q&A sessions with the CEO and leading academics, covering key topics like 'bipolar and the keto diet'.



The Bipolar UK peer support line has made a difference to me. They help me feel less alone, calmer about my situation, and more hopeful that I can get through it.

Our research

During 2024/25 Bipolar UK's dedicated research function, led by the Director of Research, Professor Tania Gergel and supported by the Research Manager, continued to have fruitful partnership gains and make a significant impact within the research field.

Since March 2024, the team gained funding for three newly established research projects and has been supporting project set-up and development. These projects include IBPI2 (the Integrated Bipolar Parenting Intervention), which involves a team at Lancaster University developing a behavioural intervention for parents who live with bipolar. This specific project is focusing on the needs of the partners of parents with bipolar.

The Lithium Point of Care Testing study led by King's College London (LiPOC) is looking to find out whether a simple finger prick blood test can make lithium monitoring safer, quicker, and more convenient than standard blood tests for people with depression or bipolar disorder who are taking lithium.

Another team led by Professor Cynthia Fu at the King's College London (KCL) and Professor Allan Young at Imperial College London (ICL) is looking at the use of transcranial magnetic stimulation for bipolar depression.

Besides this new work, we also have ongoing commitments with our other research partners, who are all steadily progressing with their respective research projects. Generally, recruitment for the majority of our partner's research projects is steadily improving. And to support researchers who have not yet recruited enough volunteers for their projects, we have introduced new protocols to help support their recruitment efforts.

Some 2024/25 highlights below related to our most prominent work:

Brain and Genomics Hub – Cardiff University

The Brain and Genomics Hub has officially started its recruitment phase for Work Package 1. This includes a full 6-hour day with clinical assessments, neuroimaging, and blood collection. Participants report that their experience has been very positive, according to the team at Cardiff.

Our Expert Lived Experience Advisory Panel has been instrumental to our success so far with the Brain and Genomics Hub. At the time of writing, the Cardiff team is working on ways to increase recruitment.

Bipolar UK's Research Community

We established our Research Community so we can reach out to all our research volunteers to ask them to get involved in different research trials, studies and projects. Collectively, everyone who signs up really is making a difference – helping us and researchers to understand bipolar better.



On working with Bipolar UK



The Bipolar UK Research team has supported our research from the very beginning. They bring insight and energy to every part of our work. Lived experience is central in everything that we do, and with the Research team, we ensure that our research is connected to what is important to individuals. Their kindness, enthusiasm and commitment have had a real impact on our research.

Cynthia Fu, King's College London
and the University of East London



I've been incredibly fortunate to have worked with BipolarUK across a number of projects over the last five years, including research focused on cognitive remediation, low dose lithium and improving the experience of lithium monitoring. Collaborating with Bipolar UK has made a huge impact on our work through their expertise, vitality and dedication to supporting those affected by bipolar illness.

Dr Rebecca Strawbridge, Senior Lecturer
in Affective Disorders within the Centre for Affective
Disorders at the Institute of Psychiatry, Psychology
& Neuroscience (King's College London)





Working with the Bipolar UK research team has been fundamental to the success of these projects. Their expert advice and commitment to co-production means people with lived experience are not only included but central to everything we do. Their involvement has created a research culture where lived experience is valued just as highly as academic expertise, which I believe is key to making real progress in understanding and treating these conditions.

Sophie Legge,
Research Fellow at Cardiff University



I chose to work with the Bipolar UK Research team because they can understand both the patient and the researcher perspective. They also have a deep knowledge of the ethical and legal issues around treatment for severe mental illness.

Jonathan Rogers,
Clinical Lecturer at University College London



A massive thank you

None of what you have read – the impactful services and support delivered in such trying times – would be possible without the hard work, dedication and humanity of our staff, volunteers and supporters.

A particularly heartfelt thank you goes out to our:

120 Co-facilitator
volunteers

14 Trustees

23 Commissioners

11 Clinical Advisory
Panel Steering
Group members

16 Ambassadors



The year in numbers

Chatbot



502

Average number of responses to questions per month in 24/25

Peer Support Groups



85

Average number of Peer Support group meetings a month in England, Wales and Northern Ireland

Peer Support 1-1 Call Back & Email Service



6,964

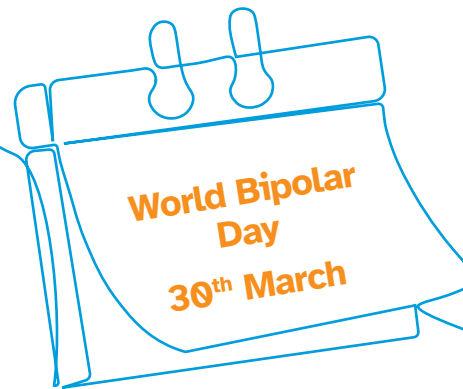
Number of incidents of support via 1-1 emails and call backs
32% increase from 23/24

Rotary Partnership

100

Rotary clubs marked World Bipolar Day in their communities as part of our national partnership with Rotary in Great Britain and Ireland for a third year

60% increase on engagement from 23/24



Bipolar UK website



53,344

From April 24 to March 25 there have been an average of 53,344 page views per month

eCommunity
Members



15,000

Over 15,000 members of the eCommunity from April 24 to March 25

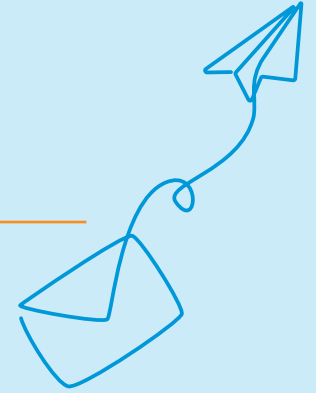
Mood Tracker
App



19,811

From April 24 to March 25 there were 19,811 downloads of the Mood Tracker app

Newsletter

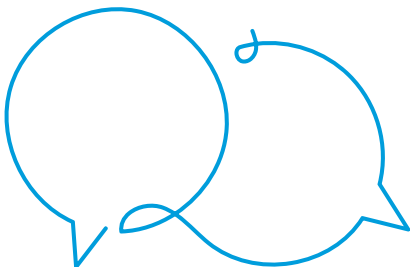


20,520

As of March 25, we had 20,520 newsletter subscribers

648,616

From April 24 to March 25 there have been 648,616 page views on the eCommunity



Self Management
Courses

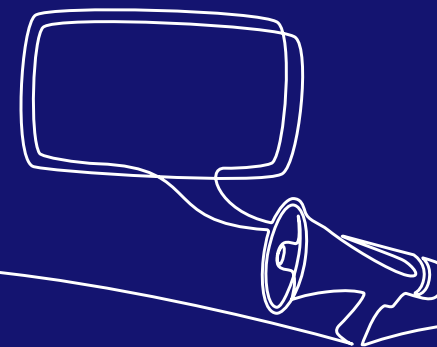
12

Number of 8-week self-management courses delivered in 24/25



Key facts

2024/25



Reports

Bipolar UK's Bipolar Commission released two reports '**Bipolar in the Workplace**' and '**Bipolar and Welfare Reform**'

Workplace Training

There was a **75% increase** in the number of sessions booked for Bipolar UK's workplace training compared to the previous year

Research Achievements

- Awarded funding for three newly established research projects.
- The Brain and Genomics Hub officially started its recruitment phase for Work Package 1.
- Established our Research Community so we can reach out to all our research volunteers.

Dean Webster,
Community member

I stand for quicker bipolar diagnosis, specialist care and data-informed services.

www.bipolaruk.org

World Bipolar Day

Our annual online World Bipolar Day conference was watched by over

2,000
people



Thank you. This was an excellent event. Bravo Heston for being so frank with us all. Leah you are awesome anchoring the event. Nicky Chinn... But wow legend. Need to get that band together. Thought for my day, I have Bipolar. First time I have typed this out loud. You all nailed it. A must watch on catch up.



Heston Blumenthal,
Chef and Restaurateur was announced as
Bipolar UKs newly appointed ambassador.

Financial review

As a result of prudent financial management and fundraising success, the charity had a strong financial year, with a higher than anticipated income of £1,566,088. This exceeded budget, in part due to legacy income.



In order to address the need to invest in building the capacity of the organisation by redeveloping the website and growing the research and support teams, the Board of Trustees set a planned deficit budget for 2024/25. We are pleased to report that expenditure for the year was £1,578,606, which is less than anticipated, as a result of careful financial management. This means that the planned deficit was also smaller than anticipated.

The cost of raising funds was £266,978 which represents 17% of total expenditure. This means that for every £1 we spent on raising funds we generated £5.83.

The Trustees consider the financial position of the organisation to be sound and continue to review the fundraising strategy to ensure that sufficient funds are available for future years.

Investment Policy

Bipolar UK's investment policy reflects the Trustees' cautious risk appetite and invested funds are held in a combination of high interest deposit accounts and investment funds.

The investment policy requires that Bipolar UK's fund manager must invest ethically on our behalf.

Bipolar UK's investment objective for the reporting period was to generate income and capital growth with a low investment risk.

Investment income for 2024/25 was £43,359 which was a slight increase on £40,560 in the previous financial year.

Trustees review Bipolar UK's Investment Policy regularly and set investment objectives.

Principal risks and uncertainties

The principal risks and uncertainties for the charity remain the safety of our staff, volunteers and people who use our services, and sustainable growth, particularly in light of the fact that there is little multi-year funding available in the charity sector.

Looking to the future, 2025/26 will see the conclusion of two large contracts worth £250,000 and the charity will need to absorb additional National Insurance costs of approximately £20,000. These issues will be mitigated by seeking additional sources of funding and Bipolar UK is always grateful to our loyal and generous donors who have historically helped us make up the difference. During the financial year staff turnover fell slightly to 20% and staff numbers remained stable at 31.4 FTE.

The Trustees have identified the key risks and uncertainties facing the charity as detailed below and have set an appropriate reserves policy to mitigate these risks.

- Dependence on voluntary donations, legacies and grants for the charity's income with a low proportion of income committed on a multi-year basis
- The high proportion of fixed-salary costs which would necessitate restructuring to reduce
- The fluctuating value of assets, given the level of the free reserves held in managed funds
- Uncertainty of restricted and unrestricted income breakdown during the financial year
- Unexpected liabilities over and above budgeted contingencies
- Fluctuations in timing of cash flows which could result in insufficient funds to pay staff and suppliers
- Time and expense in finding alternative funding or reduction in costs should targets or funding commitments not met, or should other risks materialise



Thank you to
you all at Bipolar
UK for all that
you do - it's
a lifeline.



Reserves policy

As of 31 March 2025, the charity held reserves of £1,585,697 (2024: £1,605,907) of which £278,873 (2024: £138,113) were restricted and £513,574 were held as designated funds (2024: £655,502).

Based on their assessment of the principal risks and being mindful of the need for the charity to be able to sustain its services, the Trustees have estimated that the level of free reserves required to mitigate against the identifiable risks is six to nine months of average expenditure for the 12 months ahead, which equates to between £871,600 and £1,307,400, with a minimum of three months free reserves held in cash.

As of 31st March 2025, unrestricted free reserves stood at £793,250, which is equivalent to approximately 6 months running costs for the charity, and is in accordance with the reserves policy. Free reserves are defined as unrestricted reserves, exclusive of designated reserves and fixed assets.

The Trustees have allocated £513,574 in designated reserves to fund three key initiatives: implementing the main recommendations from the Bipolar Commission report over the next five years, enhancing Peer Support groups and redeveloping the charity's website.

With this in mind, the Trustees have agreed that the charity will run another planned deficit in 2025/26 to invest in services for beneficiaries, increase organisational capacity while maintaining reserves within the current reserves policy.

The Trustees' policy on reserves is subject to annual review by the Finance Committee and formal approval by the board.

Going concern

Through Board meetings, Finance Committees meetings and Risk Register reviews, the Trustees have considered the charity's activities and finances and consider that there are no material uncertainties regarding the charitable company's ability to continue as a going concern. These financial statements have therefore been prepared on this basis.



As someone who uses the ecommunity a lot I am very grateful to the BPUK moderators who give their time there so generously. They are thoughtful, helpful and encouraging. I also go to my local BPUK meeting - and am very grateful to the people who enable that to happen too.



Fundraising

An independent Fundraising Review was completed in summer 2024 and provided recommendations on how the charity can maximise its current income generation resources. The key recommendation was to recruit our first Director of Fundraising, with the post advertised and filled during 2024/25.

The recruitment of Hazel Russell (former Head of Income Generation at suicide prevention charity, POPYRUS) marks a new stage in the charity's development. The number of people affected by bipolar, to support and potentially support, is enormous which means that mobilising them remains more critical than ever, especially with the current retrenchment within the public sector.

During 2024/25 the fundraising landscape remained extremely competitive. However the charity responded proactively to these challenges. By automating and updating a number of back-office functions, we have been able to maintain our current service levels while reducing headcount by 3 FTE.

Our long-term future will ultimately be determined by awareness of our work. We were heartened by polling that suggests awareness with the general public stands at 12%, which is on a par, or higher, than much larger mental health charities. Most positively one in five people aged between 18–24 had heard of us

Over the last four years the charity has developed three key income streams more or less from scratch – corporate partnerships, commissioned income and research partnerships.

Going into 2024/25, Commissioned income was performing strongly and the charity had high expectations that many of our peer support services could be funded directly by the NHS.

Unfortunately, 2024/25 proved a difficult year for this income stream, and it did not generate the income we had anticipated due to reduced NHS budgets.

This reflected wider cuts within the public sector, with a general reduction in funding to the voluntary sector.

In 2024/25 key areas of income growth have come from major gifts, training, research partnerships and legacy income. This was alongside a solid bed rock of income from grants, events and individual giving. Legacy income has been incredibly important over the last five years and has been used to drive the growth of our services and now maintain them while the public sector has cut back.

Through our partnership with Farewill we have improved the visibility of our legacy pipeline. The priority of the new Director is to translate the growing awareness of the charity into donations which can be used to fund support, research and campaigning. The hope is to grow the fundraising team incrementally, while keeping fundraising expenditure below the 25% of total expenditure – to align with charity sector averages.

Bipolar UK is a member of the Fundraising Regulator and complies with all regulations required. During 2024/25 Bipolar UK was not made aware of any complaints.



We were heartened by polling that suggests awareness with the general public stands at 12%, which is on a par, or higher, than much larger mental health charities. Most positively one in five people aged between 18–24 had heard of us.

Plans for the future

Out of a potential six million people affected by bipolar in the UK, the charity is currently reaching and supporting less than 1% of them a month. In 2025/26 we're going to do more.

Launch our new website

In September 2025 we will migrate our website to a new platform. Following 18 months of digital and content development, it will include higher-quality content, a significantly better user experience and new images of our community to provide an authentic representation of bipolar in the 21st century. By the end of 2025, we hope an additional 1,500 people a month will be accessing our advice and guidance through the site.

Could it be bipolar? campaign

It is estimated that more than 500,000 people are living with undiagnosed bipolar in the UK and are not getting treatment and support that could help them stay well. In 2023, we launched a six-month pilot 'Could it be bipolar?' campaign to help people recognise symptoms and signpost them to resources that could help facilitate a diagnosis and access support. It was highly successful with an estimated 18,305 people taking our Mood Disorders Questionnaire and potentially starting their journey to diagnosis.

Thanks to three-year funding from a generous donor, we will be revamping the campaign assets and investing in widescale social media and PR coverage. This will run alongside high-impact local campaigns with a focus on reaching young people who have so much to gain from a timely diagnosis. The new campaign will be launched in November 2025.

Reprofiling groups

From mid 2025 onwards, the charity has been improving the accessibility and user experience of our groups by converting some of our local online groups into online national groups. This will mean even more people affected by bipolar will have an opportunity to join an online group once a month.

Alongside this we will be introducing our new Online Community where each individual support group will have its own dedicated space. Members will be able to join and ask questions about the support groups they're interested in, and get updates related to each individual group.

Medication side effects survey

Medication has a critical impact both on the management of bipolar and also on an individual's quality of life. We will be working with private and public sector partners to understand the impact medication can have, including side effects such as weight gain and lack of concentration. The findings be used to push for newer and better treatments for the condition.

Upgrading our Mood Tracker app

Work has commenced on upgrading and improving our Mood Tracker App. Already downloaded over 50,000 times, we will listen to our community's needs and add in new functionality to help with the day-to-day management of bipolar.

Research partnership

The Director of Research is currently in negotiations with The Lancet Psychiatry about leading the first ever Lancet Psychiatry Commission on Bipolar Disorder. This would be led by Professor Tania Gergel in collaboration with University College London to ensure access to research facilities and research independence. However, we are hoping that it will be supported by Bipolar UK and will put Bipolar UK at the heart of global research into bipolar.

Developing the call back and email services

Our call back service provides critical one to one support for people affected by bipolar. The calls are often the first time ever someone has spoken to someone else living with bipolar. Unfortunately, the high level of demand means callers often

have to wait up to three weeks for a call. Our fundraising priority for the year is to maintain and grow the team so the charity can work back up to weekly and then daily call backs.

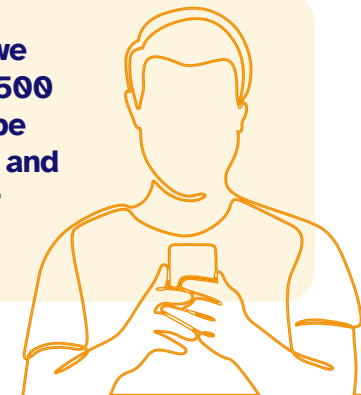
Advocating for diagnosis and specialist treatment

The charity will continue to advocate for diagnosis and specialist treatment for bipolar across the UK. This includes running a Senedd event to put pressure on the Welsh Government to include a commitment to bipolar within the upcoming mental health strategy.

We will be seeking to influence the bill to reform the Mental Health Act. We are broadly supportive of the changes proposed in the Bill which tightens the rules around detentions and replaces 'closest relative' with 'nominated person' as next of kin. We are also pushing for a firmer commitment on the use of the Advance Choice Document – which would improve choice and control for people living with bipolar.

We are also championing the collection and publishing of data on the diagnosis of people detained under the Act. This will provide NHS commissioners with an evidence base to develop new specialist community services that would reduce readmission.

By the end of 2025, we hope an additional 1,500 people a month will be accessing our advice and guidance through our new website.



Management & governance

To achieve its mission the charity invests significant time in its management and governance. In summary:

Structure, governance and management

The Board of Trustees is legally responsible for the strategic direction of the charity. It meets every three months and is supported by the Finance Committee chaired by our Treasurer, which meets on a quarterly basis between Board meetings. Alongside this there are four additional Trustee/staff advisory groups covering the key operational areas of the charity: fundraising, policy and communications, services and research.

The charity also has a Clinical Advisory Panel Steering Group, co-chaired by Professor Allan Young and newly appointed Trustee, Dr Aditya Sharma. It comprises leading bipolar clinicians in primary and secondary care and plays a key role in ensuring the efficacy of our advice and services and advocating for diagnosis and specialist treatment within the NHS.

Recruitment and appointment of Trustees

During the reporting period Jeremy Clark, Sarita Dent, Hilary Samson-Barry, Nadia Silver and William Walden Jones retired at the end of their term of office in accordance with our rotation of directors' policy. Following an assessment of the skills required by the Board of Trustees we conducted a successful recruitment process which will see us appoint additional Trustees early in 2025/26.

Trustees are recruited through a combination of national advertisements to broaden recruitment and ensure specific skill sets are obtained. There was one new trustee co-opted onto the Board in 2024/25 with a further two due to be co-opted in June 2025.

Trustee induction and training

Trustees receive a comprehensive induction which covers both the responsibilities of the role and the specifics of the charity. All new Trustees are required to review and understand the Essential Trustee information on the Charity Commission website and other accompanying documents. They also have access to the latest governance training provided by charity sector bodies,

such as NCVO. Trustees are all required to complete training on safeguarding, cybersecurity and GDPR and sign a confidentiality agreement.

In getting to know the charity the Trustees have a series of briefing meetings with the Chair, Treasurer and key staff including the CEO and Deputy CEO. Through these meetings, they are introduced to the Charity's Articles of Association and other governance documents including the Year Plan, Risk Register and Management Accounts. We also arrange in-person visits to our offices and Peer Support groups, and an online tour of our eCommunity.

Each Board meeting ends with 15-20 minutes of time to reflect without any staff present. This allows new and longer-serving Trustees a safe space to consider their performance in the meeting and provide constructive feedback to colleagues.

All Trustees have Bipolar UK email addresses enabling them to separate charity and personal communications. It also allows them to access a 'Trustee intranet' where key performance indicators are uploaded monthly and bespoke charity training webinars on fundraising and other areas of charity activity can be accessed.

Executive Team

The Trustees delegate the day-to-day operations of the charity to the Chief Executive and Deputy Chief Executive who provide an Executive function for the charity. They are in turn supported by a leadership team comprising service delivery, finance, IT, research, policy, communications and fundraising. The leadership team are operational as well as managers.

The Trustees have worked with the Executive team, with support of the wider management team, to produce Board papers to guide the ongoing development of the charity. Responsibility for the implementation of the papers is delegated to the Executive team through Action Logs which are updated and reported on quarterly.

Remuneration policy

The total staffing budget is proposed by the staff team, reviewed, amended and recommended by the Finance Committee and approved by the Board. Under advice from the staff team, they consider changes in costs of living, salary benchmarking,

immediate financial resources of the charity and short and medium-term financial projections to ensure any changes in pay and conditions are sustainable.

Remuneration of individual staff is reviewed and approved by a Remuneration Committee which comprises the Treasurer, Chair and the Vice-Chair of the charity. The Remuneration Committee receives an annual proposal for new posts and staff pay produced by the CEO, Deputy CEO and Finance Manager. In distributing the total remuneration budget, the staff consider new posts, retention and recruitment, wider benefits and the performance of individual staff members based on evidence from appraisals.

Changes to pay outside this process are proposed by the CEO and approved by the Treasurer and must fit within the total Remuneration package unless approved by the Board.

Remuneration policy for key management personnel

The remuneration of key management personnel is determined with due consideration of comparable current market sector rates by the Remuneration Committee and approved by the Board.

Related parties and relationships with other organisations

There are no related party relationships with any other organisations.

Registration

The organisation is a charitable company limited by guarantee, incorporated on 7/11/1985 and registered as a charity on 10/2/1986.

The company was established under a memorandum of association which established the objects and powers of the charitable company and is governed under its articles of association.

All Trustees give their time voluntarily and receive no benefits from the charity. Any expenses reclaimed from the charity are set out in note 7 to the accounts.

Statement of responsibilities of the Trustees

The Trustees (who are also directors of Bipolar UK Ltd for the purposes of company law) are responsible for preparing the Trustees' annual report including the strategic report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The Trustees (who are also directors of Bipolar UK Ltd for the purposes of company law) are responsible for preparing the Trustees' annual report including the strategic report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and group and of the incoming resources and application of resources, including the income and expenditure, of the charitable company or group for that period. In preparing these financial statements, the Trustees are required to:

- Select suitable accounting policies and then apply them consistently
- Observe the methods and principles in the Charities Statement of Recommended Practice ("SORP")
- Make judgements and estimates that are reasonable and prudent
- State whether applicable UK Accounting Standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue operating

The Trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy the financial position of the charitable company at any time and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the Trustees are aware, there is no relevant audit information of which the charitable company's auditor is unaware:

- The Trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information
- The Trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions

Members of the charity guarantee to contribute an amount not exceeding £1 to the assets of the charity in the event of winding up. The total number of such guarantees at 31 March 2025 was 14 (2024: 12). The Trustees are members of the charity, but this entitles them only to voting rights. The Trustees have no beneficial interest in the charity.

Auditor

Sayer Vincent LLP was re-appointed as the charitable company's auditor during the year and has expressed its willingness to continue in that capacity.

The directors' annual report has been prepared in accordance with the special provisions applicable to companies subject to the small companies' regime.

The Trustees' annual report has been approved by the Trustees.

Guy Paisner

Chair of Trustees

Date: 6 December 2025

Independent auditor's report

to the members of Bipolar UK Ltd

Opinion

We have audited the financial statements of Bipolar UK Ltd (the 'charitable company') for the year ended 31 March 2025 which comprise the statement of financial activities, balance sheet, statement of cash flows, and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable to the Laws of England and Wales, and the United Kingdom Accounting Standards, including FRS 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- Give a true and fair view of the state of the charitable company's affairs as at 31 March 2025 and of its incoming resources and application of resources, including its income and expenditure for the year then ended
- Have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice
- Have been prepared in accordance with the requirements of the Companies Act 2006

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the Trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on Bipolar UK Ltd's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the Trustees with respect to going concern are described in the relevant sections of this report.

Other Information

The other information comprises the information included in the Trustees' annual report, other than the financial statements and our auditor's report thereon. The Trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- The information given in the Trustees' annual report, for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- The Trustees' annual report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Trustees' annual report. We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- Adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- The financial statements are not in agreement with the accounting records and returns; or
- Certain disclosures of Trustees' remuneration specified by law are not made; or
- We have not received all the information and explanations we require for our audit; or
- The directors were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the Trustees' annual report and from the requirement to prepare a strategic report.

Independent auditor's report

to the members of Bipolar UK Ltd

Responsibilities of Trustees

As explained more fully in the statement of Trustees' responsibilities set out in the Trustees' annual report, the Trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the Trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the Trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the Trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud are set out below.

Capability of the audit in detecting irregularities in identifying and assessing risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, our procedures included the following:

- We enquired of management, which included obtaining and reviewing supporting documentation, concerning the charity's policies and procedures relating to:
 - Identifying, evaluating, and complying with laws and regulations and whether they were aware of any instances of non-compliance.
 - Detecting and responding to the risks of fraud and whether they have knowledge of any actual, suspected, or alleged fraud.
 - The internal controls established to mitigate risks related to fraud or non-compliance with laws and regulations.
- We inspected the minutes of meetings of those charged with governance
- We obtained an understanding of the legal and regulatory framework that the charity operates in, focusing on those laws and regulations that had a material effect on the financial statements or that had a fundamental effect on the operations of the charity from our professional and sector experience
- We communicated applicable laws and regulations throughout the audit team and remained alert to any indications of non-compliance throughout the audit
- We reviewed any reports made to regulators
- We reviewed the financial statement disclosures and tested these to supporting documentation to assess compliance with applicable laws and regulations
- We performed analytical procedures to identify any unusual or unexpected relationships that may indicate risks of material misstatement due to fraud
- In addressing the risk of fraud through management override of controls, we tested the appropriateness of journal entries and other adjustments, assessed whether the judgements made in making accounting estimates are indicative of a potential bias and tested significant transactions that are unusual or those outside the normal course of business

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

A further description of our responsibilities is available on the Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

Use of our report

This report is made solely to the charitable company's members as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Fleur Holden

(Senior Statutory Auditor)
for and on behalf of Sayer Vincent LLP, Statutory Auditor
110 Golden Lane,
LONDON,
EC1Y 0TG

Date: 16 December 2025

Statement of financial activities

(incorporating an income and expenditure account)

For the year ended 31 March 2025

	Note	Unrestricted £	Restricted £	2025 Total £	Unrestricted £ restated	Restricted £ restated	2024 Total £ restated
INCOME FROM:							
Donations and legacies	2	810,546	47,940	858,486	1,106,185	20,018	1,126,203
Charitable activities							
Awareness Raising	3		80,000	80,000	-	9,500	9,500
Commissioned Services	3	41,376	-	41,376	148,404	-	148,404
Peer Support Groups	3	-	470,206	470,206	-	353,491	353,491
Peer Support Services	3	-	10,000	10,000	-	3,856	3,856
Research	3	-	52,661	52,661	-	25,038	25,038
Investments	4	43,359	-	43,359	40,560	-	40,560
Total income		895,281	660,807	1,556,088	1,295,149	411,903	1,707,052
EXPENDITURE ON:							
Raising funds	5	273,978	-	273,978	285,376	-	285,376
Charitable activities							
Awareness Raising	5	314,490	11,646	326,136	275,132	22,976	298,108
Bipolar Commission Implementation	5	122,544	-	122,544	123,736	-	123,736
Employment Support	5	11,412	-	11,412	8,692	-	8,692
Peer Support Groups	5	12,642	450,203	462,845	66,650	300,335	366,985
Peer Support Services	5	275,489	11,850	287,339	258,013	-	258,013
Research	5	48,004	46,348	94,352	32,557	41,492	74,049
Total expenditure		1,058,559	520,047	1,578,606	1,050,156	364,803	1,414,959
Net income/(expenditure) before net gains/(losses) on investments		(163,278)	140,760	(22,518)	244,993	47,100	292,093
Net gains/(losses) on investments		2,308	-	2,308	25,655	-	25,655
Net income/(expenditure) for the year	6	(160,970)	140,760	(20,210)	270,648	47,100	317,748
Reconciliation of funds:							
Total funds brought forward		1,467,794	138,113	1,605,907	1,197,146	91,013	1,288,159
Total funds carried forward		1,306,824	278,873	1,585,697	1,467,794	138,113	1,605,907

All of the above results are derived from continuing activities. There were no other recognised gains or losses other than those stated above. Movements in funds are disclosed in Note 18a to the financial statements.

Balance sheet

Company no. 1955570

As at 31 March 2025

	Note	£	2025 £	£	2024 £
FIXED ASSETS:					
Tangible assets	11		22,934		26,302
Intangible assets	12		-		-
Investments	13		576,044		573,736
			598,978		600,038
CURRENT ASSETS:					
Debtors	14	188,313		184,646	
Short term deposits		159,000		148,137	
Cash at bank and in hand		806,747		773,710	
		1,154,060		1,106,493	
Liabilities:					
Creditors: amounts falling due within one year	15	(167,341)		(100,624)	
Net current assets			986,719		1,005,869
Total net assets			1,585,697		1,605,907
The funds of the charity:					
Restricted income funds	17a		278,873		138,113
Unrestricted income funds:					
Designated funds		513,574		655,502	
General funds		793,250		812,292	
Total unrestricted funds			1,306,824		1,467,794
Total charity funds			1,585,697		1,605,907

Approved by the Trustees on 6 December 2025 and signed on their behalf by

Guy Paisner
Chair of Trustees

Statement of cash flows

For the year ended 31 March 2025

	2025		2024	
	£	£	£	£
CASH FLOWS FROM OPERATING ACTIVITIES				
Net income for the reporting period (as per the statement of financial activities)	(20,210)		317,748	
Depreciation charges	12,608		13,492	
(Gains)/Losses on investments	(2,308)		(25,655)	
Dividends, interest from investments	43,359		(40,560)	
Loss on the disposal of fixed assets	2,222		421	
(Increase)/Decrease in debtors	(3,667)		(124,898)	
(Decrease)/Increase in creditors	66,717		(77,902)	
Net cash provided by operating activities		98,721		62,646
CASH FLOWS FROM INVESTING ACTIVITIES:				
Dividends, interest from investments	(43,359)		40,560	
Purchase of fixed assets	(11,462)		(11,187)	
Movement to short term deposits	(10,863)		2,463	
Net cash (used in) investing activities		(65,684)		31,836
Change in cash and cash equivalents in the year		33,037		94,482
Cash and cash equivalents at the beginning of the year		773,710		679,228
Cash and cash equivalents at the end of the year		806,747		773,710

ANALYSIS OF CASH AND CASH EQUIVALENTS

	At 1 April 2024	Cash flows	Other non-cash changes	At 31 March 2025
	£	£	£	£
Cash at bank and in hand	773,710	33,037	–	806,747
Total cash and cash equivalents	773,710	33,037	–	806,747

Notes to the financial statements

For the year ended 31 March 2025

1 Accounting policies

a) Statutory information

Bipolar UK Ltd is a charitable company limited by guarantee, incorporated in England and Wales on 7 November 1985.

Bipolar UK is an unincorporated charity registered on 10 February 1986 with the Charity Commission for England and Wales (charity number 293340).

The registered office address and the principal place of business is : 32 Cubitt Street London WC1X 0LR.

b) Basis of preparation

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

Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy or note.

In applying the financial reporting framework, the Trustees have made a number of subjective judgements, for example in respect of significant accounting estimates. Estimates and judgements are continually evaluated and are based on historical experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances. The nature of the estimation means the actual outcomes could differ from those estimates. Any significant estimates and judgements affecting these financial statements are detailed within the relevant accounting policy below.

c) Public benefit entity

The charity meets the definition of a public benefit entity under FRS 102.

The Trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next reporting period.

d) Going concern

As a result of reviews carried out by the Trustees at Finance and Board meetings together with regular review of the risk register, they consider that there are no material uncertainties regarding the charitable company's ability to continue as a going concern in the foreseeable future. The financial statements have, therefore, been prepared on this basis.

e) Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the income have been met, it is probable that the income will be received and that the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

For legacies, entitlement is taken as the earlier of the date on which either: the charity is aware that probate has been granted, the estate has been finalised and notification has been made by the executor(s) to the charity that a distribution will be made, or when a distribution is received from the estate. Receipt of a legacy, in whole or in part, is only considered probable when the amount can be measured reliably and the charity has been notified of the executor's intention to make a distribution. Where

legacies have been notified to the charity, or the charity is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

Income received in advance of the provision of a specified service is deferred until the criteria for income recognition are met.

f) Donations of gifts, services and facilities

Donated professional services and donated facilities are recognised as income when the charity has control over the item or received the service, any conditions associated with the donation have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), volunteer time is not recognised so refer to the Trustees' annual report for more information about their contribution.

On receipt, donated gifts, professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

g) Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

h) Peer Support Services

Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets these criteria is charged to the fund.

Designated funds are unrestricted funds earmarked by the Trustees for particular purposes.

Notes to the financial statements

For the year ended 31 March 2025

i) Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

- Costs of raising funds relate to costs incurred in encouraging people and organisations to support financially the charity's work. This includes the costs of advertising, publicity and the staging of fundraising events.
- Expenditure on charitable activities includes the costs of delivering services, including staff costs, directly attributable to each activity. Where the costs cannot be directly attributed they have been allocated to activities on a cost-incurred basis.
- Support and Governance costs have been allocated to each activity based on percentages agreed by funders with regard to restricted spend and direct costs as a percentage of total costs for all remaining activities
- Other expenditure represents those items not falling into any other heading

Governance costs are the costs associated with the governance arrangements of the charity. These costs are associated with constitutional and statutory requirements and include any costs associated with the strategic management of the charity's activities.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

j) Operating leases

Rental charges are charged on a straight line basis over the term of the lease.

k) Tangible fixed assets

Items of equipment are capitalised where the purchase price exceeds £1,000. Depreciation costs are allocated to activities on the basis of the use of the related assets in those activities. Assets are reviewed for impairment if circumstances indicate

their carrying value may exceed their net realisable value and value in use.

Depreciation is provided at rates calculated to write down the cost of each asset to its estimated residual value over its expected useful life. The depreciation rates in use are as follows:

- Computer and office equipment – Straight line basis over 3 - 5 years

l) Intangible fixed assets

Intangible fixed assets are measured initially at their purchase cost. Assets under £1,000 are written off to the Statement of Financial Affairs. Amortisation is provided at rates calculated to write off the cost less estimated residual value of each asset over the expected useful life as follows:

- Computer software – Straight line basis over 3 - 5 years

m) Listed investments

Investments are a form of basic financial instrument and are initially recognised at their transaction value and subsequently measured at their fair value as at the balance sheet date using the closing quoted market price. Any change in fair value will be recognised in the statement of financial activities. Investment gains and losses, whether realised or unrealised, are combined and shown in the heading "Net gains/(losses) on investments" in the statement of financial activities. The charity does not acquire put options, derivatives or other complex financial instruments.

n) Debtors

Trade and other debtors are recognised at the settlement amount. Prepayments are valued at the amount prepaid net of any trade discounts due.

o) Short term deposits

Short term deposits includes cash balances that are invested in accounts with a maturity date of between three and 12 months.

p) Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

q) Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

r) Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

s) Pensions

Contributions were paid on behalf of employees into their personal pension schemes and are charged to the Statement of Financial Activities in the year in which they become payable. No further liabilities accrue to the charity other than these payments.

Notes to the financial statements

For the year ended 31 March 2025

2 Income from donations and legacies

	2025			2024		
	Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
	£	£	£	£	£	£
Grants	102,150	-	102,150	153,550	-	153,550
Donations	452,192	47,940	500,132	373,571	20,018	393,589
Legacies	245,204	-	245,204	543,559	-	543,559
Donated services	11,000	-	11,000	35,505	-	35,505
	810,546	47,940	858,486	1,106,185	20,018	1,126,203

Donated services relate to room hire at Universal Music and the design of the annual report free of charge from Instinctif.

Up to the date of signing Bipolar UK has been made aware of Legacies totalling £522,252. These are noted as a contingent asset to be paid in the future.

3 Income from charitable activities

	2025			2024		
	Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
	£	£	£	£	£	£
				restated	restated	restated
Peer Support Services						
Other Grants less than £5,000	-	10,000	10,000	-	3,856	3,856
Sub-total for Peer Support Services	-	10,000	10,000	-	3,856	3,856
Peer Support Groups						
Big Lottery	-	-	-	-	130,000	130,000
Big Lottery Northern Ireland	-	28,793	28,793	-	-	-
Big Lottery Wales	-	70,405	70,405	-	17,209	17,209
City Bridge	-	81,005	81,005	-	-	-
CRH Charitable	-	5,640	5,640	-	5,365	5,365
DHSC Suicide Prevention	-	200,000	200,000	-	50,000	50,000
Enterprise Development Fund	-	-	-	-	12,587	12,587
Eveson Trust	-	-	-	-	7,748	7,748
Garfield Weston Foundation	-	50,000	50,000	-	50,000	50,000
Rethink Mental Illness	-	-	-	-	5,275	5,275
Sir James Knott	-	10,000	10,000	-	10,000	10,000
The Stanley Grundy Foundation	-	-	-	-	5,000	5,000
Other Grants less than £5,000	-	24,363	24,363	-	60,307	60,307

Notes to the financial statements

For the year ended 31 March 2025

	Unrestricted	Restricted	2025 Total	Unrestricted	Restricted	2024 Total
	£	£	£	£	£	£
Sub-total for Peer support Groups	-	470,206	470,206	-	353,491	353,491
RESEARCH						
CNTW	-	5,347	5,347	-	7,894	7,894
Kings College London	-	13,430	13,430	-	12,144	12,144
Cardiff University	-	22,167	22,167	-	5,000	5,000
Other income less than £5,000	-	11,717	11,717	-	-	-
Sub-total for Research	-	52,661	52,661	-	25,038	25,038
COMMISSIONED SERVICES						
Coventry & Warwickshire Partnership Trust	-	-	-	6,970	-	6,970
Mental Health Mission	5,000	-	5,000	-	-	-
Oxford Health NHS Foundation Trust	-	-	-	108,000	-	108,000
Rotherham CCG	7,000	-	7,000	7,000	-	7,000
Torbay and South Devon NHS Foundation Trust	9,604	-	9,604	9,325	-	9,325
University of Lancaster	-	-	-	7,000	-	7,000
Other income less than £5,000	19,772	-	19,772	10,109	-	10,109
Sub-total for Commissioned Services	41,376	-	41,376	148,404	-	148,404
AWARENESS RAISING						
Hypatia Foundation	-	-	-	-	7,500	7,500
Lockwood Foundation	-	80,000	80,000	-	-	-
Other income	-	-	-	-	2,000	2,000
Sub-total for Awareness Raising	-	80,000	80,000	-	9,500	9,500
TOTAL INCOME FROM CHARITABLE ACTIVITIES	41,376	612,867	654,243	148,404	391,885	540,289

Notes to the financial statements

For the year ended 31 March 2025

4 Income from investments

	Unrestricted	Restricted	2025 Total	Unrestricted	Restricted	2024 Total
	£	£	£	£	£	£
Investment Income	43,359	-	43,359	40,560	-	40,560
Sub-total for Investment Income	43,359	-	43,359	40,560	-	40,560

5a Analysis of expenditure (current year)

	Raising funds	Peer Support Groups	Peer Support Services	Charitable activities Employment Support	Bipolar Commission	Awareness Raising	Research	Support Costs	Governance Costs	2025 Total	2024 Total
	£	£	£	£	£	£	£	£	£	£	£
Staff costs (Note 7)	179,897	252,678	226,908	7,391	87,784	164,736	80,097	106,864	44,159	1,150,514	996,321
Depreciation and amortisation	2,148	974	694	-	-	2,956	-	5,836	-	12,608	13,493
Other Costs including Office Costs	24,171	43,667	3,516	900	14,472	34,691	65	56,644	3,495	181,621	165,318
Fundraising Consultancy	10,986	-	-	-	-	-	-	-	-	10,986	13,948
IT Support Costs & Website	3,789	9,808	31,168	496	-	39,920	-	47,608	-	132,789	122,683
Audit Fees	-	-	-	-	-	-	-	-	16,050	16,050	17,050
Support Group Meeting facilities	-	25,756	-	-	-	-	-	-	-	25,756	18,994
Office Rent and Insurance	-	-	-	-	-	-	-	24,155	-	24,155	23,103
Publications and Communications	267	4,034	240	-	-	19,586	-	-	-	24,127	44,049
	221,258	336,917	262,526	8,787	102,256	261,889	80,162	241,107	63,704		1,414,959
Support costs	42,165	97,445	19,672	2306	16,466	51,410	11,643	(241,107)	-		-
Governance costs	10,555	28,483	5,141	319	3,822	12,837	2,547	-	(63,704)		-
Total expenditure 2025	273,978	462,845	287,339	11,412	122,544	326,136	94,352	-	-	1,578,606	
Total expenditure 2024	285,376	366,985	258,013	8,692	123,736	298,108	74,049	-	-		1,414,959

Notes to the financial statements

For the year ended 31 March 2025

5b Analysis of expenditure (prior year)

	Charitable activities									2024 Total £
	Raising funds £	Peer Support Groups £	Peer Support Services £	Employment Support £	Bipolar Commission £	Awareness Raising £	Research £	Governance costs £	Support costs £	
Staff costs (Note 7)	182,218	221,029	156,246	5,962	100,187	123,070	59,956	47,968	99,685	996,321
Depreciation and amortisation	3,311	2,199	1,515	-	-	1,432	-	-	5,036	13,493
Other Costs including Office Costs	22,109	24,486	20,532	12	-	32,625	-	419	65,135	165,318
Fundraising Consultancy	13,948	-	-	-	-	-	-	-	-	13,948
IT Support Costs & Website	8,766	28,319	30,407	1,064	-	43,230	-	475	10,422	122,683
Audit Fees	-	-	-	-	-	-	-	17,050	-	17,050
Support Group Meeting facilities	-	18,994	-	-	-	-	-	-	-	18,994
Office Rent and Insurance	-	-	-	-	-	-	-	-	23,103	23,103
Publications and Communications	712	2,114	208	-	-	41,015	-	-	-	44,049
	231,064	297,141	208,908	7,038	100,187	241,372	59,956	65,912	203,381	1,414,959
Support costs	41,019	52,749	37,086	1,249	17,785	42,849	10,644		(203,381)	-
Governance costs	13,293	17,095	12,019	405	5,764	13,887	3,449	(65,912)		-
Total expenditure 2024	285,376	366,985	258,013	8,692	123,736	298,108	74,049	-	-	1,414,959

Notes to the financial statements

For the year ended 31 March 2025

6 Net income/(expenditure) for the year

This is stated after charging/(crediting):

	2025	2024
	£	£
Depreciation of tangible fixed assets (Note 11)	12,608	9,416
Amortisation of intangible assets (Note 12)	-	4,076
OPERATING LEASE RENTALS PAYABLE:		
Property	19,853	18,420
Other	-	-
AUDITOR'S REMUNERATION (EXCLUDING VAT):		
Audit	12,000	11,750
Under accrual from prior year	-	2,000

7 Analysis of staff costs, Trustee remuneration and expenses, and the cost of key management personnel

Staff costs were as follows:

	2025	2024
	£	£
Salaries and wages	1,006,009	865,684
Termination Payments	2,988	11,178
Social security costs	92,653	80,344
Employer's contribution to defined contribution pension schemes	48,864	39,115
	1,150,514	996,321

There was one termination payment included in salaries and wages above for 2025 (2024:2)

The following number of employees received annual remuneration during the year between:

	2025	2024
£60,000 – £69,999	1	1

The total employee benefits (including pension contributions and employer's national insurance) of the key management personnel were £547,906 (2024: £497,260).

Key management personnel consist of 10 employees (2024: 10)

The charity Trustees were neither paid nor received any other benefits from employment with the charity in the year (2024: £nil). No charity trustee received payment for professional or other services supplied to the charity (2024: £nil).

Two of the Trustees were reimbursed for Travel costs of £538 in 2025 (2024: 1, £377)

8 Staff numbers

The average number of employees (head count based on number of staff employed) during the year was 31.4 (2024: 27.8).

Staff are split across the activities of the charity as follows :

	2025	2024
	No.	No.
Charity Management & Admin	3.5	3.3
Peer Support Groups	8.1	8.0
Phone & Email Support	4.2	2.5
Self-Management	0.5	0.7
E-Community	3.5	3.1
Fundraising	4.8	5.9
Employment Support	0.1	0.1
Awareness Raising	4.6	3.1
Research	2.2	1.1
Total headcount	31.5	27.8

9 Related party transactions

Aggregate donations from related parties were £1,325 (2024: £1,242)

The following Trustees made unrestricted donations to the charity during the financial year: Ed Butcher £285 (2024, NIL), Robert Print £170 (2024, £29); Jeremy Clark £870.21(2024, £212), and Guy Paisner nil (2024, £1,000).

10 Taxation

The charity is exempt from corporation tax as all its income is charitable and is applied for charitable purposes.

Notes to the financial statements

For the year ended 31 March 2025

11 Tangible fixed assets

Cost	Computer & Office equipment
	£
At the start of the year	36,802
Additions	11,462
Disposals	(7,527)
At the end of the year	40,737
DEPRECIATION	
At the start of the year	10,500
Charge for the year	12,608
Disposals	(5,305)
At the end of the year	17,803
NET BOOK VALUE	
At the end of the year	22,934
At the start of the year	26,302

All of the above assets are used for charitable purposes.

12 Intangible fixed assets

Cost	Computer Software
	£
At the start of the year	73,039
Additions in year	-
At the end of the year	73,039
AMORTISATION	
At the start of the year	73,039
Charge for the year	-
At the end of the year	73,039
NET BOOK VALUE	
At the end of the year	-
At the start of the year	-

All of the above assets are used for charitable purposes.

13 Listed investments

	2025	2024
	£	£
Fair value at the start of the year	573,736	548,081
Net gain on change in fair value	2,308	25,655
Fair value at the end of the year	576,044	573,736

INVESTMENTS COMPRISE:

	2025	2024
	£	£
UK Common investment funds	576,044	573,730
Cash	-	6
	576,044	573,736

14 Debtors

	2025	2024
	£	£
Trade debtors	63,967	27,469
Prepayments/Accrued Income	124,346	157,177
	188,313	184,646

15 Creditors: amounts falling due within one year

	2025	2024
	£	£
Trade creditors	83,338	29,071
Taxation and social security	43,063	-
Accruals	40,940	60,653
Deferred income (note 16)	-	10,900
	167,341	100,624

Notes to the financial statements

For the year ended 31 March 2025

16 Deferred income

Deferred income comprises:

	2025	2024
	£	£
Balance at the beginning of the year	10,900	87,737
Amount released to income in the year	(10,900)	(87,737)
Amount deferred in the year	-	10,900
Balance at the end of the year	-	10,900

Deferred income at the end of the prior financial year, represents a grant received from the Rotherham Clinical Commissioning Group for the setup of a peer support group in Rotherham together with delivering four self-management courses and the evaluation of these courses over a three year period.

17a Analysis of net assets between funds (current year)

	General unrestricted	Designated	Restricted	Total funds
	£	£	£	£
Tangible/Intangible fixed assets	22,934	-	-	22,934
Investments	576,044	-	-	576,044
Net current assets	194,272	513,574	278,873	986,719
Net assets at 31 March 2025	793,250	513,574	278,873	1,585,697

17b Analysis of net assets between funds (prior year)

	General unrestricted	Designated	Restricted	Total funds
	£	£	£	£
Tangible/Intangible fixed assets	-	26,302	-	26,302
Investments	-	573,736	-	573,736
Net current assets	812,300	55,455	138,113	1,005,869
Net assets at 31 March 2024	812,300	655,493	138,113	1,605,907

18a Movements in funds (current year)

	At 1 April 2024	Income & gains	Expenditure & losses	Transfers	At 31 March 2025
	£	£	£	£	£
RESTRICTED FUNDS:					
Peer Support Service	-	10,000	(11,850)	3,183	1,333
Peer Support Groups	90,733	477,463	(450,203)	(3,183)	114,810
Awareness Raising	47,380	81,500	(11,646)	-	117,234
Research	-	91,844	(46,348)	-	45,496
Total restricted funds	138,113	660,807	(520,047)	-	278,873
UNRESTRICTED FUNDS:					
Designated Funds:					
Bipolar Commission	358,391	-	(120,544)	-	237,847
Fundraising Review	-	-	(16,804)	20,000	3,196
Service Expansion	277,000	-	(50,073)	-	226,927
Website Re-Build Reserve	14,596	-	(23,118)	50,000	41,478
Self Help Groups	5,515	-	(1,389)	-	4,126
Total designated funds	655,502	-	(211,928)	70,000	513,574
General funds	812,292	895,281	(844,323)	(70,000)	793,250
Total unrestricted funds	1,467,794	895,281	(1,056,251)	-	1,306,824
Total funds	1,605,907	1,556,088	(1,576,298)	-	1,585,697

The narrative to explain the purpose of each fund is given at the foot of the note below.

Notes to the financial statements

For the year ended 31 March 2025

18b Movements in funds (prior year)

	At 1 April 2023	Income & gains	Expenditure & losses	Transfers	At 31 March 2024
	£	£	£	£	£
RESTRICTED FUNDS:					
Peer Support Service	3,504	-	-	(3,504)	-
Peer Support Groups	27,651	359,913	(300,335)	3,504	90,733
Awareness Raising	59,858	26,952	(22,976)	(16,454)	47,380
Research		25,038	(41,492)	16,454	-
Total restricted funds	91,013	411,903	(364,803)	-	138,113
UNRESTRICTED FUNDS:					
Designated funds:					
Bipolar Commission	482,127	-	(123,736)	-	358,391
Service Expansion	-	-	-	277,000	277,000
Website Re-Build Reserve	-	-	(23,404)	38,000	14,596
Self Help Groups	7,997	-	-	(2,482)	5,515
Total designated funds	490,124	-	-	312,518	655,502
General funds	707,022	1,320,187	(902,399)	(312,518)	812,292
Total unrestricted funds	1,197,146	1,320,187	(1,049,539)	-	1,467,794
Total funds	1,288,159	1,732,090	(1,414,342)	-	1,605,907

Purposes of restricted funds

Restricted funds represent grants received from donors to be utilised by the charity to deliver specific services to the Bipolar community in accordance with terms stipulated in the individual grant agreements.

Peer Support Groups and Services - Face to face local peer support groups – and virtual groups using Zoom to bring small groups of people affected by bipolar together to provide regular support.

Awareness Raising - Updating website content, social media including facilitating regular Facebook 'live' sessions, developing e-learning packages, mobile phone mood tracking application and Broadcast and Print media.

Research - research partnerships with academic institutions to improve outcomes for people affected by Bipolar.

Purposes of designated funds

i) Bank balances held by Self Help Support Groups to meet local expenditure £4,126 (2024: £5,515)

ii) The Trustees have deliberated to set aside £500,000 as designated funds to implement the recommendations of the Bipolar Commission report over the next three to five years

iii) Fundraising review to improve our Fundraising department to increase income so we can provide more services to people with bipolar.

iv) Website re-build to upgrade our website so that people can get the information that they need to manage and understand Bipolar.

v) To grow and improve our services so that we can help more people affected by Bipolar

19 Operating lease commitments payable as a lessee

The charity's total future minimum lease payments under non-cancellable operating leases is as follows for each of the following periods:

	Equipment 2025	2024
	£	£
Less than one year	1,535	18,420
	1,535	18,420

20 Legal status of the charity

The charity is a registered company limited by guarantee with no share capital. It is registered in England & Wales with registration No. 01955570).

Notes to the financial statements

For the year ended 31 March 2025

21 Prior year adjustment

Prior year adjustment figures have been amended due to the restrictions identified for some Research grants. These funds were fully spend in the year, therefore there was no impact on the reserves position.

Reserves Position	Unrestricted	Restricted	Total
	£	£	£
Total funds at 31 March 2024 as previously stated	1,467,794	138,113	1,605,907
Adjustment to reserves	-	-	-
Total funds at 31 March 2024 as restated	1,467,794	138,113	1,605,907

Impact on income 2024	Unrestricted	Restricted	Total
	£	£	£
Income as previously reported	1,320,187	386,865	1,707,052
Adjustment for income designation	25,038	(25,038)	-
New income figure	1,295,149	411,903	1,707,052

We are only able to provide the life-changing services we do because of the incredible generosity of our donors. Over the last year, people have given generously through commissioned income, Trusts, personal donations, and wills. All contributions are gratefully received.

Thank you very much to each and every one of you. We could not do what we do without you. Because of you, we have improved the lives of tens of thousands of people affected by bipolar.

www.bipolaruk.org



You gave me some support on phone when I was unwell and recovering both from a bipolar period and my fears from an abusive experience. I just wanted to say thank you. I found our conversation at the time very helpful and reassuring.

BIPOLAR UK LTD

England & Wales - Charity number 293340

Accounts

Report and financial statements
1 April 2023 - 31 March 2024

Building a better world together



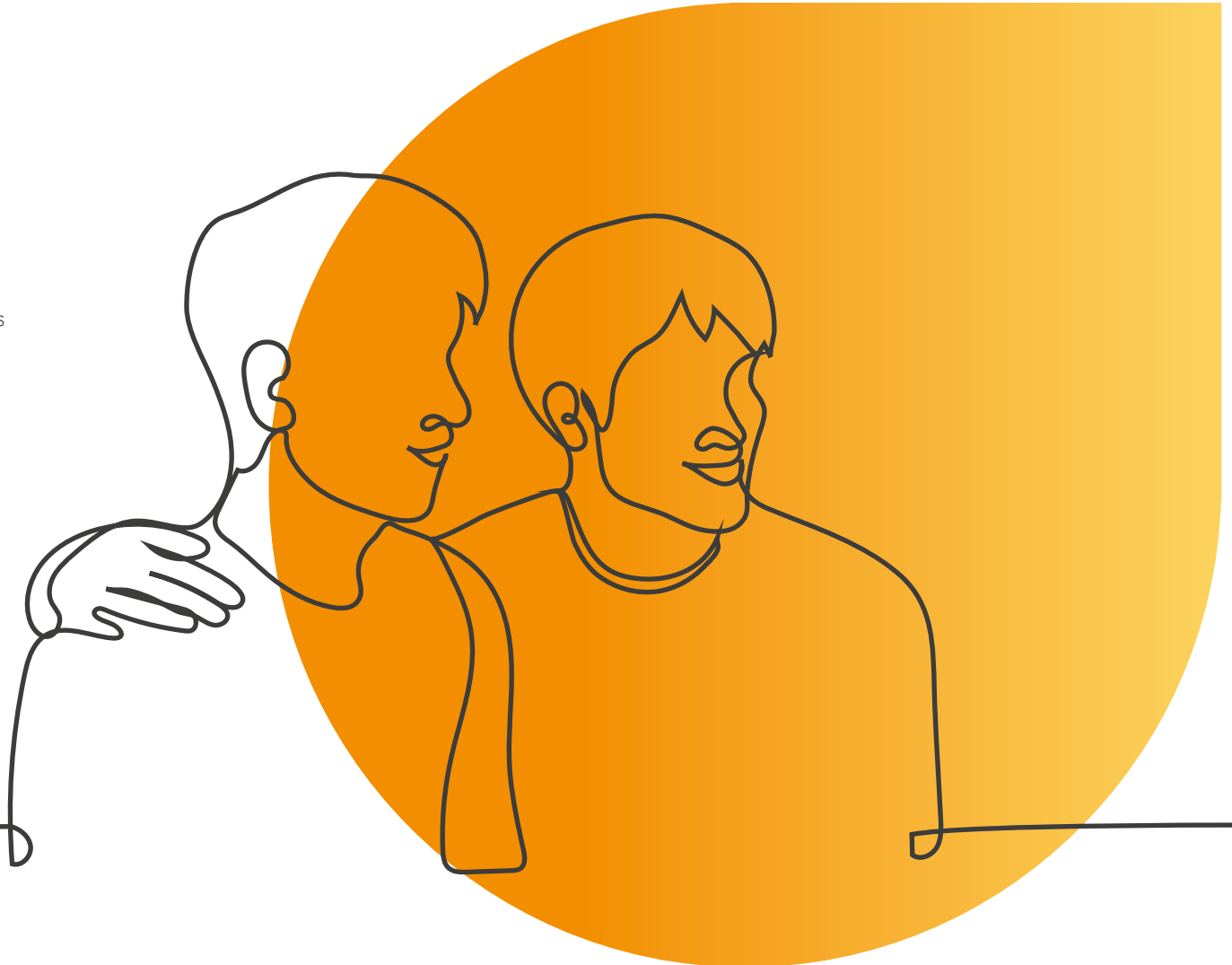


Our mission

Our mission is to **empower everyone affected by bipolar** to live well and fulfil their potential. We will achieve it by continuing to **grow a community** of support that connects people through lived experience and by acting as the voice of our community to **challenge stigma** and **improve healthcare services** across the UK.

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Reference and Administrative Information

Company number

1955570

Country of incorporation

United Kingdom

Charity number

293340

Country of registration

England & Wales

Registered office and operational address

32 Cubitt Street, London WC1X 0LR

Trustees

Trustees, who are also directors under company law, who served during the year and up to the date of this report, are as follows:

Guy Paisner, Chair
Nadia Silver, Vice Chair
Dan Whitlam, Treasurer
Sarita Dent
Hilary Samson-Barry
Alice Alphandary
Melissa Barnett
Jeremy Clark
Derek Dale KC
Robert Print
Bill Walden-Jones
Dr Aditya Sharma
Louis Constandinos
Ed Butcher

Key management personnel

Simon Kitchen, Chief Executive
Rosie Phillips, Deputy Chief Executive

Bankers**CAF Bank**

25 Kings Hill Avenue
Kings Hill
West Malling
Kent ME19 4JQ

National Westminster Bank plc

5 Market Place
Kingston Upon Thames
Surrey KT1 1JX

Solicitors**Carter Bells**

Kings' Stone House
12 High Street
Kingston Upon Thames
Surrey KT1 1HD

Auditor**Sayer Vincent LLP**

Chartered Accountants and Statutory Auditor
110 Golden Lane
London EC1Y 0TG

Trustees' Annual Report

The Trustees present their report and the audited financial statements for the year ended 31 March 2024.

Reference and administrative information set out on page 3 forms part of this report. The financial statements comply with current statutory requirements, the memorandum and articles of association, the requirements of a directors' report as required under company law, and the Statement of Recommended Practice – Accounting and Reporting by Charities: SORP applicable to charities preparing their accounts in accordance with FRS 102.



We partner with 'Run For Charity' to offer lots of exciting running events

CEO Message 2023/24



Simon Kitchen
Chief Executive Officer
Bipolar UK



2023/24 marked my sixth year as CEO of Bipolar UK. After a number of long difficult years recovering from the impact of Covid-19, I am delighted to report that our support group and call-back services are back up to their pre-pandemic levels.

This means hundreds more people a year are now able to benefit from the life-changing, sometimes lifesaving, benefits of bipolar peer support. We are now focusing our immediate attention on increasing the number of people who use these existing services, promoting all our groups, support line and eCommunity to even more people affected by bipolar.

2023/24 was another big year for the charity. We have established our own dedicated research function, under the leadership of academic, Dr Tania Gergel, and supported by a Research Manager. With this new in-house expertise, we have bolstered and started a number of new research partnerships with leading academic institutions. I'm proud to say that our involvement in coproduction and participant recruitment has directly led to more and better-quality research into bipolar and its treatment.

The charity also continued its arduous and important journey to insert bipolar into NHS policymaking and, more broadly, the national conversation. The link between bipolar and suicide is a close and tragic one. It was an honour to sit alongside Andy Barnes and his son Callum on the BBC Breakfast Sofa in March 2024 to talk about the heartbreaking suicide of Andy's daughter Megan. She was living with bipolar and took her own life after not being able to get the support she needed to manage the condition. It is a shocking and sobering reminder that every day we delay getting a correct diagnosis, appropriate treatment and specialist support to people with bipolar, even more lives are lost.

Thanks to our slot on the BBC and an extensive PR campaign before and on World Bipolar Day, hundreds more people took the Mood Disorder Questionnaire on our website, potentially starting their own diagnosis journey.

In October 2023, Andy Barnes also made an impactful video to support the launch of our 'Message your MP' campaign. This resulted in over 150 local constituents affected by bipolar writing to their MP to ask them to champion bipolar. Over 80 MPs from all sides of the political spectrum responded and sent in bipolar-related questions to their local Mental Health Trusts and the Minister for Mental Health.

Things are going in the right direction, albeit slowly. Thanks to our advocacy, bipolar was mentioned for the first time ever in England's suicide prevention strategy. Off the back of this, the charity was successful in a large application to the Department of Health and Social Care to run training on suicide prevention to upskill staff and volunteers, and to upscale our peer support services which evidence shows can reduce the risk of suicide in the bipolar community.

The year also saw us take the message of bipolar hope out to the wider world through a series of in-person events. This included a joint conference with the National Centre for Mental Health in Cardiff, an event in Northern Ireland with Aware NI and our 40th Birthday Party in London. Our national partner, Rotary in Great Britain and Ireland also helped us increase our impact in local communities with over 30 Rotary clubs across the country organising events and running information stalls in support of World Bipolar Day.

Finally, in March, I put on my walking boots and joined our Trustee Jeremy Clark and his wife Daisy on a walk from Durham to Holy Island in the North East of England. We walked 200km over 9.5 days to help shine the spotlight on the horrendous 9.5-year delay to diagnosis. Combined with our online World Bipolar Day conference, these events brought together thousands of people, both increasing their understanding of bipolar and building a community of mutual support to tackle its challenges.

Objectives and activities

The Trustees review the aims, objectives and activities of the charity each year, taking account of the Charity Commission's general guidance on public benefit. This report looks at what the charity has achieved and the outcomes of its work in the reporting period.

Purposes and aims

Our objectives remain consistent with our founding ethos – to bring people with bipolar together to share their experiences and support each other.

Thanks to two trail-blazing women, Sheila Woodland and Philomena Germing, the Manic Depression Fellowship (as it was then called) was founded in 1983 when 43 people attended the first meeting at Church House, Westminster Cathedral.

A report of the meeting read: 'We should work to dispel the stigma, secrecy and widespread ignorance of manic depression. Manic depressives should be more open about the condition and still find suitable jobs.' While we now use different language to talk about bipolar, these aims couldn't be more relevant more than 40 years later.

We meet our Charitable Objects, to support all individuals affected by bipolar disorder and associated illnesses in any way which is charitable in law, in the following ways:

- **Provision of specialist advice services**
- **Facilitation of peer support services**
- **Public education activities to increase understanding of bipolar disorder**

Where we are now

In 2023/24 Bipolar UK is a charity made up of 183 volunteers by the end of March and 30 staff. We engage with and support over 10,000 people affected by bipolar every month.

Peer support remains at the core of what we do, though over the last six years we have added a number of new functions including campaigning for, and delivering research into, earlier diagnosis and specialist treatment and support for everyone living with bipolar.



A report of the first meeting read:



We should work to dispel the stigma, secrecy and widespread ignorance of manic depression. Manic depressives should be more open about the condition and still find suitable jobs.

Review of achievements

2023/24 was another positive year for the charity as our peer support services fully recovered from the pandemic and our policy and advocacy work really started to bear fruit.



Our campaigns and projects

Bipolar Commission

Back in 2021/22 the charity conducted a massive advocacy research project to compile a comprehensive 'state-of-the-nation' report to show what it's like to live with bipolar in the UK in the 21st century. It provided hard-hitting recommendations for a new model of care based on earlier diagnosis and specialist treatment. This model delivers both better outcomes for patients and cost savings to the NHS.

To work towards encouraging implementation of the Bipolar Commission recommendations, in October 2023 the charity launched its first MP writing campaign. More than 150 bipolar campaigners from our community wrote to their MP about the challenges of living with bipolar, the importance of getting a diagnosis, and the increased risk of suicide. Over 80 MPs responded by writing letters to Ministers and their local Mental Health Commissioners asking them to take action on the issue. This contributed to bipolar being mentioned for the very first time in a national Suicide Prevention strategy.

We can't change the system alone so in summer 2023 we ran an in-person event with the National Centre for Mental Health (NCMH) in Wales which energised our work in the country. The outcome of the day was a joint statement with NCMH, Royal College of Psychiatrists and other local partners, endorsing the findings of the Bipolar Commission and asking for the Welsh Government to prioritise earlier diagnosis and specialist treatment for bipolar.

Using the findings of the Bipolar Commission, the charity also conducted further research into the difference in diagnosis delays across the Home Nations, the increasing risk of suicide by delaying diagnosis and hypersexual behaviour. The next phase of the Bipolar Commission will explore 'Bipolar in the workplace'. A survey of our community was distributed over the winter and received over 1,000 responses. The findings were published in July 2024 and kickstarted Bipolar UK's work in this area.

Could it be bipolar? campaign

It's estimated that more than 500,000 people are living with undiagnosed bipolar in the UK. In 2023 we launched our Could it be bipolar? campaign to raise awareness of the symptoms and to signpost people potentially living with bipolar to access support. The first six-month phase of the

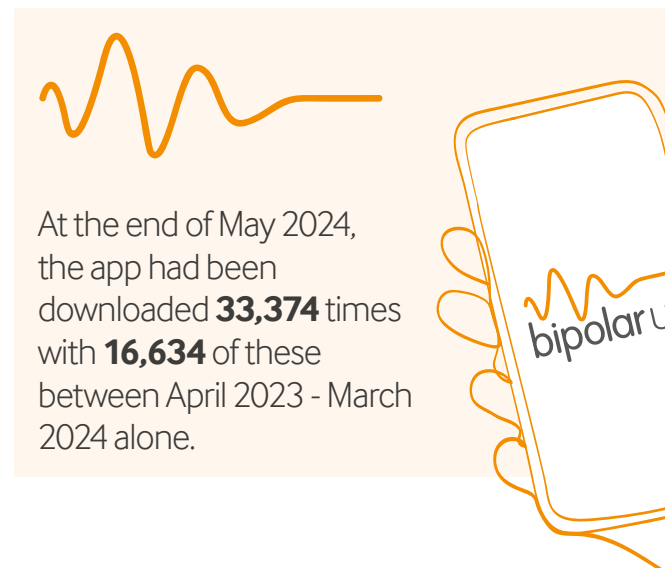
campaign focused on social media and the press, reaching over 1.5 million people and resulting in an estimated 18,305 people completing the Mood Disorders Questionnaire on our website.

In January 2023, we extended our Could it be bipolar? campaign by distributing educational leaflets and posters in 61 GP surgeries in the North East. The surgeries had a combined footfall of over 600,000 across three months. The first quarter of the campaign saw more than 180 people clicking through directly using QR codes on the materials and a 34% increase in visitors to our 'getting a bipolar diagnosis' page. This, alongside reach through press and online searches, contributed to 19,957 people visiting our diagnosis page in 2023/24.

The next phase is to look for national and local partners to scale up the campaign so we can eventually reach everyone affected by the condition.

Mood Tracker app

Keeping track of and being aware of daily mood is a key tool in empowering people to manage bipolar. Our Mood Tracker app which we launched in March 2022 continues to get excellent reviews and is mostly given 4 and 5* ratings (with an average of 4.7/5*).



At the end of May 2024, the app had been downloaded **33,374** times with **16,634** of these between April 2023 - March 2024 alone.

In December 2023, the charity launched a French-language version of the app in partnership with Bipolarité France. By the end of May 2024, it had been downloaded 1,916 times.

Rotary partnership

During 2023/24 our partnership with Rotary in Great Britain and Ireland continued to grow, with over 30 clubs across the country taking part in events and organising information stalls in their communities for World Bipolar Day. Over 50 Rotary members joined an awareness-raising walk from Durham to Holy Island in the North East and the Rotary Club of Cuckfield Lindfield & Haywards Heath contributed to the opening of a new peer support group in their area.

We also launched the first Rotary Bipolar eClub which offers opportunities to get involved in Rotary initiatives and help enhance understanding of bipolar amongst the 1.4 million Rotary members worldwide.

Our online conference

In March 2024, as part of a World Bipolar Week series we brought together 24 amazing speakers and hosted five live online events covering research, hypersexual behaviour, Advance Choice Documents, supporting someone with bipolar and our main conference which focused on bipolar in the workplace and bipolar type 2.

Over 3,000 people signed up for the sessions in spite of the unfortunate timing of this year's World Bipolar Day falling on Easter Saturday!

Our peer support services

After the final lockdown period, we reflected as a charity on how the world had changed and we recognised that digital channels are an increasingly popular way for us to reach greater numbers of people and provide more choice for our community.



Peer Support Groups

Going forward, we are committed to continue to learn and listen to our community about their changing needs, which is why we currently run both online and in-person Peer Support groups.

During the month of March 2024, we held 84 Peer Support group meetings. From April 23 to March 24, we held an average of 74 meetings a month throughout England, Wales and Northern Ireland, up from 55 the previous year (April 21 – March 22). This takes the charity back up to the pre-pandemic number of groups.

Between 2022/23 and 2023/24, average monthly reported attendance has increased almost 50% from 231 to 344. This is on an upward trajectory as existing groups fill up with more attendees as they become more widely known, and people become increasingly confident going out and about again.

The focus in 2024/25 will be on boosting the attendance of existing groups to increase impact and to optimise the efficiency of our resources.

Peer Support 1-1 call-back and email service

Between April 2023 and March 2024, we delivered 5,268 incidents of support via 1-1 emails and call-backs, which is a slight increase compared to the previous year (April 22 – March 23).

This means we have helped thousands of people affected by bipolar to speak to someone else with lived experience, often for the first time.

Chatbot

Our chatbot, launched in 2019, continues to allow people to book 1-1 support calls and signpost people to useful information on our website. Between April 2023 and March 2024, more than 584 questions a month were answered. This was slightly down on the year before.

The eCommunity

The eCommunity continued to grow to over 15,000 members over the course of the year, with 692,001 page views. Having moderators on hand 365 days a year, between 8am and 8pm, helps to secure the safety of members. Moderators ensure all content that's shared is appropriate, engage with the community and offer 1-1 support via private messages.

eCommunity users tell us they value the space to talk about a wide range of topics with others who really understand bipolar and report lower levels of isolation as a result.



Just to say how much I appreciate the eCommunity – I have used it several times and have found it informative and supportive.

Our research

During 2023/24 Bipolar UK established a dedicated research function with a Director of Research and Research Manager. During the year they were involved in advocating and supporting a number of research studies to improve outcomes for people living with bipolar.

Bipolar UK has seven ongoing small research partnerships with universities, which are investigating a range of new treatments and support for bipolar, including the effectiveness of different medications and cognitive remediation therapy.

Brain and Genetics Hub – Cardiff University

The new UKRI Mental Health Hubs, including our partner hub with Cardiff, Bristol and other South Western universities, started on 1 April 2024 (£4.3million for world-leading research into severe mental illness – [News – Cardiff University](#)). This is Bipolar UK's largest and most significant research partnership to date.

We have two small partnerships for which we have submitted applications, including an extension of Integrated Bipolar Parenting Intervention (IBPI) to investigate the partner carers of parents with bipolar, as well as a randomised controlled trial (RCT) of lithium testing. Finally, we have one prospective small partnership which is a continuation of the Advance Choice Document (ACD) project to examine the impact of ACDs.

For major partnerships, we submitted one application, CATALYST, a randomised controlled trial investigating lorazepam as a treatment for catatonia in those with Severe Mental Illness (SMI).

Launching our Research Community

In March 2024, the charity launched its first dedicated research community for people interested in getting involved in bipolar-related research studies or lived experience advisory work (coproduction).



Dr Tania Gergel
Director of Research, Bipolar UK

News

We're proud to be partnering with a new UKRI Mental Health Hub with Cardiff, Bristol and other South Western universities.



Having a dedicated community will make research recruitment easier and encourage more researchers to move into the field of bipolar. By June 2024, over 300 people had signed up.

A massive thank you

None of what you have read – the impactful services and support delivered in such trying times – would be possible without the hard work, dedication and humanity of our staff, volunteers and supporters.



A particularly heartfelt thank you goes out to our:

183

active support service volunteers

14 trustees

15 ambassadors

21 commissioners

11 clinical advisory panel steering group members



These people are at the heart of our charity and our community.

The year in numbers | Key facts

Chatbot



584

We responded to 584 questions per month in 2023/2024

Peer Support Groups



74

There were an average of 74 Peer Support Group meetings a month in England, Wales and Northern Ireland

Since the last financial year, average monthly reported attendance has increased almost 50% from 231 to 344

Peer Support 1-1 Call Back & Email Service



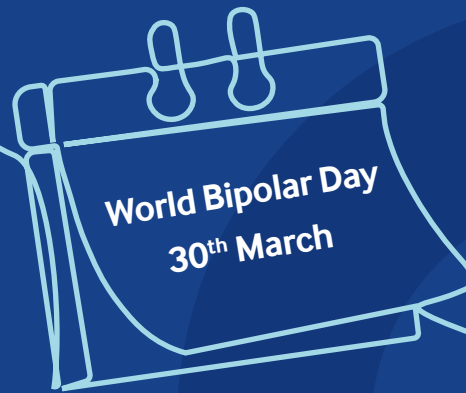
5,268

We delivered 5,268 incidents of support via 1-1 emails and call-backs, which is a slight increase compared to the previous year

Rotary Partnership

30

During 2023/24 over 30 Rotary clubs across the country took part in events and organising information stalls in their communities for World Bipolar Day



Bipolar UK website



48,323

From April 23 to March 24 there have been an average of 48,323 page views per month

Message your MP campaign



150

Over 150 local constituents in our community wrote to their MP to ask them to champion bipolar

Mood Tracker App



16,634

From April 20 to March 24 there were 16,634 downloads of the Mood Tracker app

In May 24, the total number of downloads since the app launched in March 22 was 33,374

Newsletter



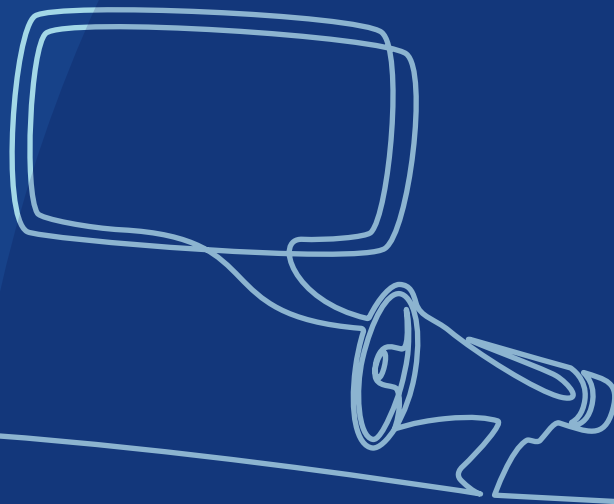
20,846

As of March 24, we had 20,846 newsletter subscribers

80



Over 80 MPs from all sides of the political spectrum responded and sent in bipolar-related questions to their local Mental Health Trusts and the Minister for Mental Health



Could it be bipolar?

19,957

19,957 people visited our diagnosis page in 2023/24

World Bipolar Day reach

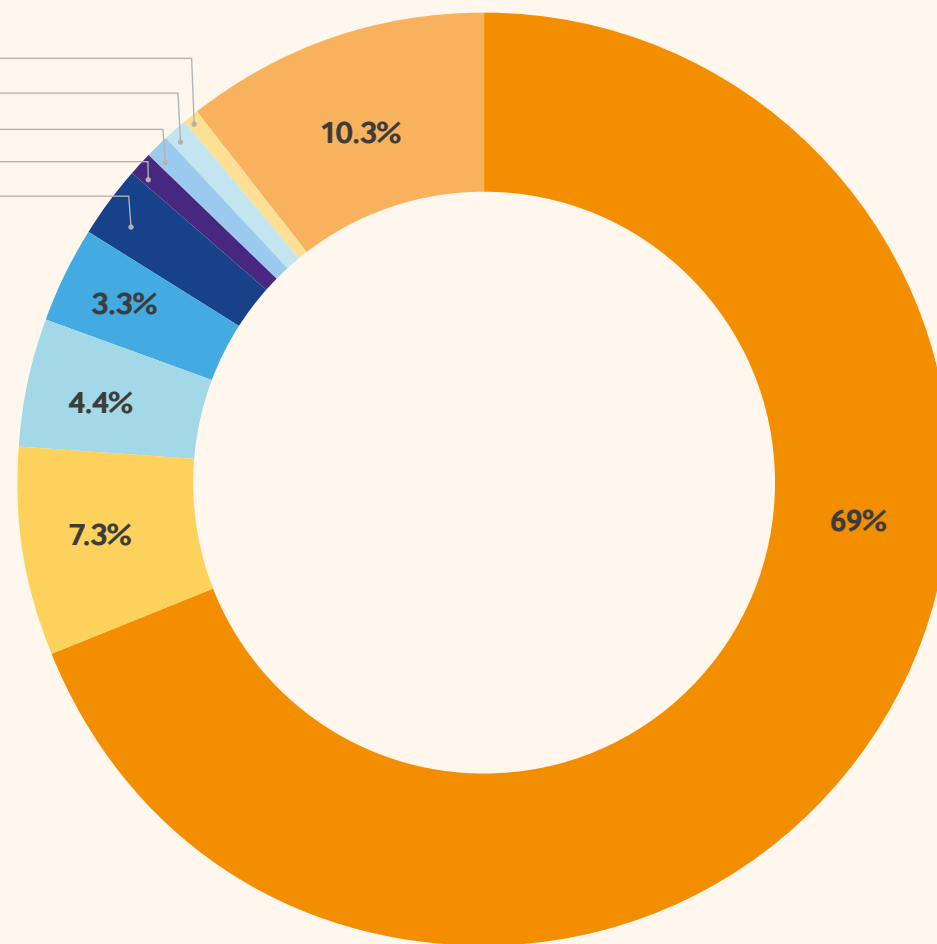
3,000

Over 3,000 people signed up to attend Bipolar UK's World Bipolar Day conference and webinars

People from 41 different countries tuned into the conference, including:

0.7%
0.8%
0.8%
0.8%
2.6%

- England
- India
- US
- Wales
- Scotland
- Northern Ireland
- France
- Canada
- Rwanda
- Other



73% of attendees felt better able to live well with bipolar or support loved ones after attending the conference.



I found the conference very useful; it has given me hope for future employment and made me feel I'm not alone with this illness and there is help out there for anyone who needs it.

Website users in March 2024

67,744

67,744 page views for the month of March 2024

PR in March 2024

34m

Audience

48

News items

114

Brand mentions

Social media in March 2024

300

More than 300 social media posts went out across our four platforms – Instagram, LinkedIn, X and Facebook



248%

Overall engagement increased by 248%

279%

Post links had 279% more clicks than average in March

Financial review

The charity had a strong financial year due to higher than anticipated income of £1,707,052. This was primarily because we received more income than expected in legacies.





Your 'Work and Bipolar' session inspired me to create a document, which my manager supported and shared with HR. It will now be part of our onboarding pack for new employees and managers at our global company. I wanted to share this good news with you!

Expenditure was £1,414,959 due to the expansion of our in-person service provision post-covid and investments in building the charity's fundraising, communications, policy and research capabilities.

The Trustees consider the financial position of the organisation to be sound and continue to review the fundraising strategy to ensure that sufficient funds are available for future years. Bipolar UK recognises that at any time its accounts will hold both restricted funds, which are monies held subject to specific conditions set by the donor or funder, and unrestricted funds. It is the policy of Bipolar UK to allocate a proportion of its unrestricted funds for certain designated purposes and to hold the balance as a General Unrestricted Fund.

Principal risks and uncertainties

The principal risks and uncertainties for the charity are maintaining the safety of our staff, volunteers and people who use our services, and sustainable growth, particularly in light of the fact that there are very few multi-year grants available in the charity sector.

Bipolar is a fluctuating condition where people can quickly become acutely unwell. This can include hyperactivity and erratic behaviour during periods of hypomania or mania, or recurring suicidal thoughts during periods of depression. The charity's peer support model depends on staff and volunteers with lived experience who are both supporting vulnerable people and at risk of becoming unwell themselves. The charity therefore operates stringent safeguarding procedures and puts an emphasis on positive mental health within the workplace.

The charity staff numbers have remained stable over the last year seeing small growth from 29 to 30FTE. During the financial year staff turnover remained high at 23%.

The CEO and Deputy CEO have taken the high turnover seriously, conducting exit interviews and improving our practices where appropriate. This includes proposing more generous staff remuneration packages for Trustee approval, increasing reflective practice within services to reduce stress and increasing the hours for roles where capacity is an issue. Some of these are starting to bear fruit and the turnover has fallen slightly since the winter. We hope to reduce it to the national average by autumn 2024.

The charity is now entering a phase of consolidation and needs to bed down its new team and work patiently towards achieving its goals. The focus is on improving attendance at our groups and integrating our different databases to improve data security and the client journey.

Reserves policy

As of 31 March 2024, the charity held reserves of £1,605,907 (2023: £1,288,159) of which £138,113 (2023: £91,012) were restricted and £655,502 were held as designated funds (2023: £490,124).

Reserves are held to provide against any future income shortfall, fulfil working capital requirements and allow funds to be available to support service developments within the approved annual budget.

The Board of Trustees aspires to hold 'free reserves' equivalent to six months' unrestricted expenditure at any point in time with a minimum of three months held in cash.

'Free reserves' are defined as unrestricted reserves, exclusive of fixed assets, and determined based on average monthly unrestricted expenditure for 12 months ahead.

In determining an appropriate level of free reserves, the Trustees have identified the key risks and uncertainties facing the charity and seek to provide free reserves sufficient to mitigate those risks.

In particular:

- Dependence on voluntary donations and grants for the charity's income with a low proportion of income committed on a multi-year basis
- The high proportion of fixed-salary costs which would necessitate restructuring to reduce
- The fluctuating value of assets, given the significant proportion of the free reserves held in managed funds
- Uncertainty of restricted and unrestricted income breakdown during the financial year
- Unexpected liabilities over and above budgeted contingencies
- Fluctuations in timing of cash flows which could result in insufficient funds to pay staff and suppliers
- Events having a major negative reputational impact on the charity
- Time and expense in finding alternative funding or reduction in costs should targets or funding commitments not be met, or should other risks materialise

Based on the above assessment and being mindful of the need for the charity to be able to sustain its core services, the Trustees have estimated that the level of free reserves required to mitigate against the identifiable risks is six to nine months of average unrestricted expenditure for 12 months ahead. The remaining free reserves have been designated by the Trustees for the purposes of implementing the main recommendations detailed in the Bipolar Commission report over the next five years. Also, additional reserves will be designated in 2023/24 for a redevelopment of the charity's website and expansion of our Peer Support Services offer.

As at the end of March 2024, we now have unrestricted free reserves of £812,292, which is around 8 months of running costs for the charity. Beyond the current financial period, the Trustees' long-term aim is to ensure continued and appropriate support for individuals affected by bipolar. Should unrestricted reserves exceed the upper limit of six months it is the Trustees' intention that these funds, designated for specific charitable activities, are drawn down over a longer period. This currently includes the continuation of the Bipolar Commission, service expansion and the website upgrade.

The Trustees' policy on reserves is subject to an annual review by the Finance Committee and formal approval by the Board. It was agreed at the March 2024 Board meeting that the charity would run a planned deficit of £150,000 during the financial year to spend down its designations and to bring its unrestricted reserves in line with its policies.

Going concern

Through Board meetings, Finance Committees meetings and Risk Register reviews, the Trustees have considered the charity's activities and finances and consider that there are no material uncertainties regarding the charitable company's ability to continue as a going concern. These financial statements have therefore been prepared on this basis.

In June 2024, the charity had an active pipeline of £2.8 million from a number of sources including research partnerships, NHS contracts, grants from trusts and public donations. Based on a review of our pipeline over the previous 12 months the charity would expect to receive income of at least £1.319 million during 2024/25.

An independent Fundraising Review was completed in summer 2024 and will provide recommendations on how the charity can maximise its current income generation resources and options for growing the team further so the charity can achieve its long-term ambitions.

Growing our impact has never been more important. Despite our relatively small size, our community is experiencing colossal levels of unmet need. Three in five people living with bipolar get no dedicated treatment or support for the condition. As a result, people with bipolar earn less money, have more debt, are more likely to become homeless and are more at risk of suicide – with up to one in five people with bipolar ending up taking their own life.

Independent evaluations have shown that Bipolar UK peer support services can play a vital role in empowering people to live well and fulfil their potential. They reduce relapse rates and suicidal thoughts, and keep people out of hospital. Bipolar UK also has an important role to play in advocating for better care and treatment, and delivering research into the condition and its cure.

Fundraising

Over the last three years the charity has developed three key income streams more or less from scratch – corporate partnerships, commissioned income and research partnerships. This has reduced the charity's dependence on grant funders and expanded the scope and reach of the charity considerably.

The key area of income growth for the charity in 2024/25 has continued to come from commissioned income. This includes NHS contracts linked to the Community, Voluntary Sector Framework in England, and upscaling our role within Research Council funded studies. Both take advantage of Bipolar UK's unique expertise in delivering co-design with people living with bipolar and providing peer support that keeps people well, out of hospital and most importantly, alive.

Legacies remain the big unknown for the charity, with income varying from £40,000 in 2022/23 to over £500,000 in 2023/24. Through our partnership with Farewill we have improved the visibility of our legacy pipeline with £888,173 registered (as of June 2024) but it remains a key income stream that we can't budget for. In anticipation of potential legacies, the charity is developing a number of 'oven ready' projects, most notably expanding 'Could it be bipolar?' so the charity can invest income from legacies in a sustainable way.

Bipolar UK will explore opportunities to expand its in-work training offer so it can play its full part in supporting people living with bipolar to manage their bipolar in the workplace.

Bipolar UK is a member of the Fundraising Regulator and complies with all regulations required. During 2023/24 Bipolar UK was not made aware of any complaints.

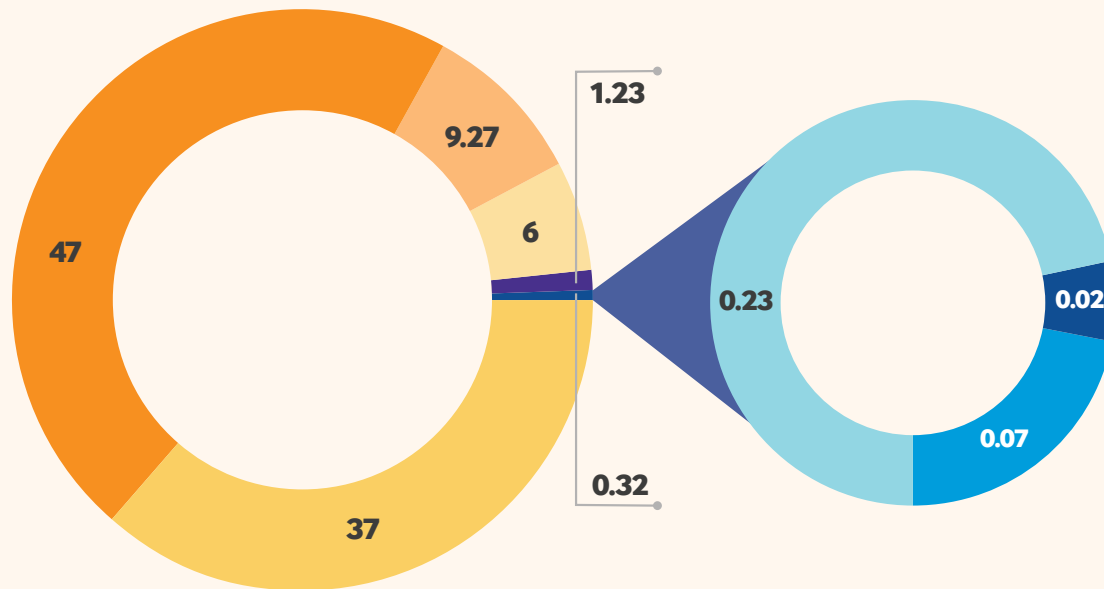


Great team offering peer support advice and information, if you need support on living well with bipolar, help on getting a diagnosis or support for a loved one and yourself do book a call.

Plans for the future

Out of a potential six million people affected by bipolar in the UK, the charity is currently reaching and supporting less than 1% of them a month.

How many people have heard of Bipolar UK?



Key

- Friends and family of those with a diagnosis who don't know we exist
- Friends and family of people living without bipolar diagnosis who don't know we exist
- Diagnosed bipolar don't know we exist
- Undiagnosed bipolar don't know exist
- Diagnosed and know we exist
- Undiagnosed and know we exist

Those that use our services find help and solace though we know that millions of people affected by bipolar aren't yet reaching us. This is compounded by the fact that more than half the people with bipolar don't even know they have the condition.

The level of unmet need is enormous. Our digital services, most notably our eCommunity and website, could accommodate and benefit most of them at no or little extra cost to the charity. Many of our support groups could accept more attendees, and signing up more members to our growing research community would stimulate more research into bipolar. Raising the profile of bipolar and the support Bipolar UK offers is therefore our top priority for the next year.

Our goals are:

- To improve awareness of the charity and its services through engagement with press, social media and building up NHS referral routes
- To improve diagnosis rates by advocating for earlier diagnosis and specialist services
- To improve our website with a new focus on diagnosis, suicide prevention and taboo subjects like bipolar and hypersexual behaviour
- To consolidate our services, increasing training in suicide prevention and achieving targeted growth in specific areas like London and Wales which are currently underserved
- To grow our Research Community and Research Partnerships to improve outcomes for people living with bipolar

Despite our increasing impact, our services only reach a small proportion of people living with bipolar in the UK and a tiny fraction of the global number. The charity is developing an ambitious multi-year plan to improve understanding of the condition, provide a universal peer support service across the UK (with a target of 400 groups) and develop a 'live' peer support line.

We want to provide the best advice and guidance on living with bipolar and be a shining light for everyone affected by bipolar across the world.

Management & governance

To achieve its mission the charity invests significant time in its management and governance. In summary:

Structure, governance and management

The Board of Trustees is legally responsible for the strategic direction of the charity. It meets every three months and is supported by the Finance Committee chaired by our Treasurer, which meets on a quarterly basis between Board meetings. Alongside this there are four additional Trustee/staff advisory groups covering the key operational areas of the charity: fundraising, policy and communications, services and research.

The charity also has a Clinical Advisory Panel Steering Group, co-chaired by Professor Allan Young and newly appointed Trustee, Dr Aditya Sharma. It comprises leading bipolar clinicians in primary and secondary care and plays a key role in ensuring the efficacy of our advice and services and advocating for diagnosis and specialist treatment within the NHS.

Recruitment and appointment of Trustees

Trustees are recruited through a combination of national advertisements to broaden recruitment and ensure specific skill sets are obtained. There were no new recruitments in 2023/24 though the charity will be recruiting additional Trustees in 2024/25 to replace four retirements.

Trustee induction and training

Trustees receive a comprehensive induction which covers both the responsibilities of the role and the specifics of the charity. All new Trustees are required to review and understand the Essential Trustee information on the Charity Commission website and other accompanying documents. They also have access to the latest governance training provided by charity sector bodies, such as NCVO. Trustees are all required to complete training on safeguarding, cybersecurity and GDPR and sign a confidentiality agreement.

In getting to know the charity the Trustees have a series of briefing meetings with the Chair, Treasurer and key staff including the CEO and

Deputy CEO. Through these meetings, they are introduced to the Charity's Articles of Association and other governance documents including the Year Plan, Risk Register and Management Accounts. We also arrange in-person visits to our offices and Peer Support groups, and an online tour of our eCommunity.

Each Board meeting ends with 15-20 minutes of time to reflect without any staff present. This allows new and longer-serving Trustees a safe space to consider their performance in the meeting and provide constructive feedback to colleagues.

All Trustees have Bipolar UK email addresses enabling them to separate charity and personal communications. It also allows them to access a 'Trustee intranet' where key performance indicators are uploaded monthly and bespoke charity training webinars on fundraising and other areas of charity activity can be accessed.

Executive Team

The Trustees delegate the day-to-day operations of the charity to the Chief Executive and Deputy Chief Executive who provide an Executive function for the charity. The Trustees have worked with the Executive, with support of the wider management team, to produce Board papers to guide the ongoing development of the charity. Responsibility for the implementation of the papers is delegated to the Executive through Action Logs which are updated and reported on quarterly.

Remuneration policy

The total staffing budget is proposed by the staff team, reviewed, amended and recommended by the Finance Committee and approved by the Board. Under advice from the staff team, they consider changes in costs of living, salary benchmarking, immediate financial resources of the charity and short and medium-term financial projections to ensure any changes in pay and conditions are sustainable.

Remuneration of individual staff is reviewed and approved by a Remuneration Committee which comprises the Treasurer, Chair and the Vice-Chair of the charity. The Remuneration Committee receives an annual proposal for new posts and staff pay produced by the CEO, Deputy CEO and Finance Manager. In distributing the total remuneration budget, the staff consider new posts, retention and recruitment, wider benefits and the performance of individual staff members based on evidence from appraisals.

Changes to pay outside this process are proposed by the CEO and approved by the Treasurer and must fit within the total Remuneration package unless approved by the Board.

Remuneration policy for key management personnel

The remuneration of key management personnel is determined with due consideration of comparable current market sector rates by the Remuneration Committee and approved by the Board.

Related parties and relationships with other organisations

There are no related party relationships with any other organisations.

Registration

The organisation is a charitable company limited by guarantee, incorporated on 7/11/1985 and registered as a charity on 10/2/1986.

The company was established under a memorandum of association which established the objects and powers of the charitable company and is governed under its articles of association.

All Trustees give their time voluntarily and receive no benefits from the charity. Any expenses reclaimed from the charity are set out in note 7 to the accounts.

Statement of responsibilities of the Trustees

The Trustees (who are also directors of Bipolar UK Ltd for the purposes of company law) are responsible for preparing the Trustees' annual report including the strategic report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and group and of the incoming resources and application of resources, including the income and expenditure, of the charitable company or group for that period. In preparing these financial statements, the Trustees are required to:

- Select suitable accounting policies and then apply them consistently
- Observe the methods and principles in the Charities Statement of Recommended Practice ("SORP")
- Make judgements and estimates that are reasonable and prudent
- State whether applicable UK Accounting Standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue operating

The Trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy the financial position of the charitable company at any time and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the Trustees are aware, there is no relevant audit information of which the charitable company's auditor is unaware:

- The Trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information
- The Trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions

Members of the charity guarantee to contribute an amount not exceeding £1 to the assets of the charity in the event of winding up. The total number of such guarantees at 31 March 2024 was 14 (2023: 12). The Trustees are members of the charity, but this entitles them only to voting rights. The Trustees have no beneficial interest in the charity.

Auditor

Sayer Vincent LLP was re-appointed as the charitable company's auditor during the year and has expressed its willingness to continue in that capacity.

The directors' annual report has been prepared in accordance with the special provisions applicable to companies subject to the small companies' regime.

The Trustees' annual report has been approved by the Trustees.



Guy Paisner

Chair of Trustees

Date: 30 September 2024

Independent auditor's report

to the members of Bipolar UK Ltd

Opinion

We have audited the financial statements of Bipolar UK Ltd (the 'charitable company') for the year ended 31 March 2024 which comprise the statement of financial activities, balance sheet, statement of cash flows, and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable to the Laws of England and Wales, and the United Kingdom Accounting Standards, including FRS 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- Give a true and fair view of the state of the charitable company's affairs as at 31 March 2024 and of its incoming resources and application of resources, including its income and expenditure for the year then ended
- Have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice
- Have been prepared in accordance with the requirements of the Companies Act 2006

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the Trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on Bipolar UK Ltd's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the Trustees with respect to going concern are described in the relevant sections of this report.

Other Information

The other information comprises the information included in the Trustees' annual report, other than the financial statements and our auditor's report thereon. The Trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- The information given in the Trustees' annual report, for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- The Trustees' annual report, has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Trustees' annual report. We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- Adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- The financial statements are not in agreement with the accounting records and returns; or
- Certain disclosures of Trustees' remuneration specified by law are not made; or
- We have not received all the information and explanations we require for our audit; or
- The directors were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the Trustees' annual report and from the requirement to prepare a strategic report.

Responsibilities of Trustees

As explained more fully in the statement of Trustees' responsibilities set out in the Trustees' annual report, the Trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the Trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the Trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the Trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Independent auditor's report

to the members of Bipolar UK Ltd

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud are set out below.

Capability of the audit in detecting irregularities

In identifying and assessing risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, our procedures included the following:

- We enquired of management, which included obtaining and reviewing supporting documentation, concerning the charity's policies and procedures relating to:
 - Identifying, evaluating, and complying with laws and regulations and whether they were aware of any instances of non-compliance;
 - Detecting and responding to the risks of fraud and whether they have knowledge of any actual, suspected, or alleged fraud;
 - The internal controls established to mitigate risks related to fraud or non-compliance with laws and regulations.
- We inspected the minutes of meetings of those charged with governance

- We obtained an understanding of the legal and regulatory framework that the charity operates in, focusing on those laws and regulations that had a material effect on the financial statements or that had a fundamental effect on the operations of the charity from our professional and sector experience
- We communicated applicable laws and regulations throughout the audit team and remained alert to any indications of non-compliance throughout the audit
- We reviewed any reports made to regulators
- We reviewed the financial statement disclosures and tested these to supporting documentation to assess compliance with applicable laws and regulations
- We performed analytical procedures to identify any unusual or unexpected relationships that may indicate risks of material misstatement due to fraud
- In addressing the risk of fraud through management override of controls, we tested the appropriateness of journal entries and other adjustments, assessed whether the judgements made in making accounting estimates are indicative of a potential bias and tested significant transactions that are unusual or those outside the normal course of business

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

A further description of our responsibilities is available on the Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

Use of our report

This report is made solely to the charitable company's members as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.



Fleur Holden
(Senior Statutory Auditor)

for and on behalf of Sayer Vincent LLP, Statutory Auditor
110 Golden Lane,
LONDON,
EC1Y 0TG

Date: 12 December 2024

Statement of financial activities

(incorporating an income and expenditure account)

For the year ended 31 March 2024

	Note	Unrestricted £	Restricted £	2024 Total £	Unrestricted £	Restricted £	2023 Total £
INCOME FROM:							
Donations and legacies	2	1,106,185	20,018	1,126,203	1,041,466	21,190	1,062,656
Charitable activities							
Awareness Raising	3	–	9,500	9,500	–	–	–
Commissioned Services	3	173,442	–	173,442	37,450	–	37,450
Communications Policy & Research	3	–	–	–	–	22,947	22,947
Peer Support Groups	3	–	353,491	353,491	–	192,274	192,274
Peer Support Services	3	–	3,856	3,856	–	5,094	5,094
Investments	4	40,560	–	40,560	23,145	–	23,145
Total income		1,320,187	386,865	1,707,052	1,102,061	241,505	1,343,566
EXPENDITURE ON:							
Raising funds	5	285,376	–	285,376	329,188	–	329,188
Charitable activities							
Awareness Raising	5	275,132	22,976	298,108	–	–	–
Bipolar Commission Implementation	5	123,736	–	123,736	17,873	–	17,873
Communications, Policy & Research	5	–	–	–	215,833	125,163	340,995
Employment Support	5	8,692	–	8,692	15,393	–	15,393
Peer Support Groups	5	66,650	300,335	366,985	89,452	186,927	276,380
Peer Support Service	5	–	–	–	21	1,590	1,611
Peer Support Service (Covid-19 Response)	5	–	–	–	187	14,435	14,622
Phone & Email Support	5	149,842	–	149,842	151,089	–	151,089
Research	5	57,595	16,454	74,049	–	–	–
The eCommunity	5	108,171	–	108,171	89,751	–	89,751
Total expenditure		1,075,194	339,765	1,414,959	908,786	328,115	1,236,900
Net income/(expenditure) before net gains/(losses) on investments		244,993	47,100	292,093	193,275	(86,610)	106,666
Net gains/(losses) on investments		25,655	–	25,655	(55,603)	–	(55,603)
Net income/(expenditure) for the year	6	270,648	47,100	317,748	137,672	(86,610)	51,063
Reconciliation of funds:							
Total funds brought forward		1,197,146	91,013	1,288,159	1,059,474	177,623	1,237,097
Total funds carried forward		1,467,794	138,113	1,605,907	1,197,146	91,013	1,288,159

All of the above results are derived from continuing activities. There were no other recognised gains or losses other than those stated above. Movements in funds are disclosed in Note 18a to the financial statements.

Balance sheet

Company no. 1955570

As at 31 March 2024

	Note	£	2024 £	£	2023 £
FIXED ASSETS:					
Tangible assets	11		26,302		24,951
Intangible assets	12		–		4,076
Investments	13		573,736		548,081
			600,038		577,108
CURRENT ASSETS:					
Debtors	14	184,646		59,748	
Short term deposits		148,137		150,601	
Cash at bank and in hand		773,710		679,228	
		1,106,493		889,577	
Liabilities:					
Creditors: amounts falling due within one year	15	(100,624)		(178,526)	
Net current assets			1,005,869		711,051
Total net assets			1,605,907		1,288,159
The funds of the charity:					
Restricted income funds	17a		138,113		91,013
Unrestricted income funds:					
Designated funds		655,502		490,124	
General funds		812,292		707,022	
Total unrestricted funds			1,467,794		1,197,146
Total charity funds			1,605,907		1,288,159

Approved by the Trustees on 30 September 2024 and signed on their behalf by



Guy Paisner

Chair of Trustees

Statement of cash flows

For the year ended 31 March 2024

	2024		2023	
	£	£	£	£
CASH FLOWS FROM OPERATING ACTIVITIES				
Net income for the reporting period (as per the statement of financial activities)	317,748		51,062	
Depreciation charges	13,492		29,573	
(Gains)/Losses on investments	(25,655)		55,603	
Dividends, interest from investments	(40,560)		(23,145)	
Loss on the disposal of fixed assets	421		5,289	
(Increase)/Decrease in debtors	(124,898)		44,030	
(Decrease)/Increase in creditors	(77,902)		60,577	
Net cash provided by operating activities		62,646		222,989
CASH FLOWS FROM INVESTING ACTIVITIES:				
Dividends, interest from investments	40,560		23,145	
Purchase of fixed assets	(11,187)		(26,413)	
Movement to short term deposits	2,463		(150,601)	
Purchase of investments	–		(10,000)	
Net cash (used in) investing activities		31,836		(163,869)
Change in cash and cash equivalents in the year		94,482		59,120
Cash and cash equivalents at the beginning of the year		679,228		620,108
Cash and cash equivalents at the end of the year		773,710		679,228
ANALYSIS OF CASH AND CASH EQUIVALENTS				
	At 1 April 2023	Cash flows	Other non-cash changes	At 31 March 2024
	£	£	£	£
Cash at bank and in hand	679,228	94,482	–	773,710
Total cash and cash equivalents	679,228	94,482	–	773,710

Notes to the financial statements

For the year ended 31 March 2024

1 Accounting policies

a) Statutory information

Bipolar UK Ltd is a charitable company limited by guarantee, incorporated in England and Wales on 7 November 1985.

Bipolar UK is an unincorporated charity registered on 10 February 1986 with the Charity Commission for England and Wales (charity number 293340).

The registered office address and the principal place of business is :
32 Cubitt Street London WC1X 0LR.

b) Basis of preparation

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

Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy or note.

In applying the financial reporting framework, the Trustees have made a number of subjective judgements, for example in respect of significant accounting estimates. Estimates and judgements are continually evaluated and are based on historical experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances. The nature of the estimation means the actual outcomes could differ from those estimates. Any significant estimates and judgements affecting these financial statements are detailed within the relevant accounting policy below.

c) Public benefit entity

The charity meets the definition of a public benefit entity under FRS 102.

The Trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next reporting period.

d) Going concern

As a result of reviews carried out by the Trustees at Finance and Board meetings together with regular review of the risk register, they consider that there are no material uncertainties regarding the charitable company's ability to continue as a going concern in the foreseeable future. The financial statements have, therefore, been prepared on this basis.

e) Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the income have been met, it is probable that the income will be received and the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

For legacies, entitlement is taken as the earlier of the date on which either: the charity is aware that probate has been granted, the estate has been finalised and notification has been made by the executor(s) to the charity that a distribution will be made, or when a distribution is received from the estate. Receipt of a legacy, in whole or in part, is only considered probable when the amount can be measured reliably and the charity has been notified of the executor's intention to make a distribution. Where legacies have been notified to the charity, or the charity is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

Income received in advance of the provision of a specified service is deferred until the criteria for income recognition are met.

f) Donations of gifts, services and facilities

Donated professional services and donated facilities are recognised as income when the charity has control over the item or received the service, any conditions associated with the donation have been met, the receipt of economic benefit from the use by the charity of the item is probable and the economic benefit can be measured reliably.

In accordance with the Charities SORP (FRS 102), volunteer time is not recognised so refer to the Trustees' annual report for more information about their contribution.

On receipt, donated gifts, professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

g) Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

Notes to the financial statements

For the year ended 31 March 2024

h) Fund accounting

Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets these criteria is charged to the fund.

Unrestricted funds are donations and other incoming resources received or generated for the charitable purposes.

Designated funds are unrestricted funds earmarked by the Trustees for particular purposes.

i) Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

- Costs of raising funds relate to costs incurred in encouraging people and organisations to support financially the charity's work. This includes the costs of advertising, publicity and the staging of fundraising events
- Expenditure on charitable activities includes the costs of delivering services, including staff costs, directly attributable to each activity. Where the costs cannot be directly attributed they have been allocated to activities on a cost-incurred basis
- Support and Governance costs have been allocated to each activity based on staff numbers employed in that activity (or on time spent on that activity)
- Other expenditure represents those items not falling into any other heading

Governance costs are the costs associated with the governance arrangements of the charity. These costs are associated with constitutional and statutory requirements and include any costs associated with the strategic management of the charity's activities.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

j) Operating leases

Rental charges are charged on a straight line basis over the term of the lease.

k) Tangible fixed assets

Items of equipment are capitalised where the purchase price exceeds £1,000. Depreciation costs are allocated to activities on the basis of the use of the related assets in those activities. Assets are reviewed for impairment if circumstances indicate their carrying value may exceed their net realisable value and value in use.

Depreciation is provided at rates calculated to write down the cost of each asset to its estimated residual value over its expected useful life. The depreciation rates in use are as follows:

- Computer and office equipment – Straight line basis over 3 - 5 years

l) Intangible fixed assets

Intangible fixed assets are measured initially at their purchase cost. Assets under £1,000 are written off to the Statement of Financial Affairs. Amortisation is provided at rates calculated to write off the cost less estimated residual value of each asset over the expected useful life as follows:

- Computer software – Straight line basis over 3 - 5 years

m) Listed investments

Investments are a form of basic financial instrument and are initially recognised at their transaction value and subsequently measured at their fair value as at the balance sheet date using the closing quoted market price. Any change in fair value will be recognised in the statement of financial activities. Investment gains and losses, whether realised or unrealised, are combined and shown in the heading "Net gains/(losses) on investments" in the statement of financial activities. The charity does not acquire put options, derivatives or other complex financial instruments.

n) Debtors

Trade and other debtors are recognised at the settlement amount. Prepayments are valued at the amount prepaid net of any trade discounts due.

o) Short term deposits

Short term deposits includes cash balances that are invested in accounts with a maturity date of between three and 12 months.

p) Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

q) Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

r) Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

s) Pensions

Contributions were paid on behalf of employees into their personal pension schemes and are charged to the Statement of Financial Activities in the year in which they become payable. No further liabilities accrue to the charity other than these payments.

Notes to the financial statements

For the year ended 31 March 2024

2 Income from donations and legacies

	2024			2023		
	Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
	£	£	£	£	£	£
Grants	153,550	–	153,550	174,803	–	174,803
Donations	373,571	20,018	393,589	851,662	21,190	872,852
Legacies	543,559	–	543,559	15,001	–	15,001
Donated services	35,505	–	35,505	–	–	–
	1,106,185	20,018	1,126,203	1,041,466	21,190	1,062,656

Donated services relate to room hire at Universal Music and support from IDS Media for our North East GP Campaign.

3 Income from charitable activities

	2024			2023		
	Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
	£	£	£	£	£	£
Peer Support Services						
Other Grants less than £4,000	–	3,856	3,856	–	5,094	5,094
Sub-total for Peer Support Services	–	3,856	3,856	–	5,094	5,094
Peer Support Groups						
Big Lottery	–	130,000	130,000	–	129,568	129,568
Big Lottery Wales	–	17,209	17,209	–	–	–
CRH Charitable	–	5,365	5,365	–	–	–
Devon Community Foundation	–	4,200	4,200	–	–	–
DHSC Suicide Prevention	–	50,000	50,000	–	–	–
Enterprise Development Fund	–	12,587	12,587	–	17,345	17,345
Ernest Kleinwort Charitable Trust	–	4,000	4,000	–	–	–
Eveson Trust	–	7,748	7,748	–	–	–
Garfield Weston Foundation	–	50,000	50,000	–	–	–
Moondance Foundation	–	–	–	–	20,000	20,000
Rethink Mental Illness	–	5,275	5,275	–	–	–
Sir James Knott	–	10,000	10,000	–	10,000	10,000
The Stanley Grundy Foundation	–	5,000	5,000	–	–	–

Notes to the financial statements

For the year ended 31 March 2024

	Unrestricted	Restricted	2024 Total	Unrestricted	Restricted	2023 Total
	£	£	£	£	£	£
The Trustees Louis Nicholas Residuary Charitable Trust	–	4,000	4,000	–	–	–
Other Grants less than £4,000	–	48,107	48,107	–	15,361	15,361
Sub-total for Peer support Groups	–	353,491	353,491	–	192,274	192,274
COMMISSIONED SERVICES						
Cardiff University	5,000	–	5,000	–	–	–
CNTW	7,894	–	7,894	–	–	–
Coventry & Warwickshire Partnership Trust	6,970	–	6,970	–	–	–
Kings College London	12,144	–	12,144	6,000	–	6,000
NHS South West London	–	–	–	10,000	–	10,000
Oxford Health NHS Foundation Trust	108,000	–	108,000	–	–	–
Rotherham CCG	7,000	–	7,000	7,500	–	7,500
Torbay and South Devon NHS Foundation Trust	9,325	–	9,325	–	–	–
University of Lancaster	7,000	–	7,000	–	–	–
Other Grants less than £4,000	10,109	–	10,109	13,950	–	13,950
Sub-total for Commissioned Services	173,442	–	173,442	37,450	–	37,450
COMMUNICATIONS POLICY & RESEARCH						
Hypatia Foundation	–	–	–	–	10,000	10,000
Torbay and South Devon NHS Foundation Trust	–	–	–	–	9,789	9,789
Other grants	–	–	–	–	3,158	3,158
Sub-total for Communications Policy & Research	–	–	–	–	22,947	22,947
AWARENESS RAISING						
Hypatia Foundation	–	7,500	7,500	–	–	–
Other grants	–	2,000	2,000	–	–	–
Sub-total for Awareness Raising	–	9,500	9,500	–	–	–
TOTAL INCOME FROM CHARITABLE ACTIVITIES	173,442	366,847	540,289	37,450	220,315	257,765

Notes to the financial statements

For the year ended 31 March 2024

4 Income from investments

	Unrestricted	Restricted	2024 Total	Unrestricted	Restricted	2023 Total
	£	£	£	£	£	£
Investment Income	40,560	–	40,560	23,145	–	23,145
Sub-total for Investment Income	40,560	–	40,560	23,145	–	23,145

5a Analysis of expenditure (current year)

	Charitable activities												2024 Total	2023 Total
	Raising funds	Phone & Email Support	Peer Support Services	Peer Support Services (Covid-19 Response)	Peer Support Groups	The e-Community	Employment Support	Bipolar Commission	Awareness Raising	Research	Support Costs	Governance Costs		
	£	£	£	£	£	£	£	£	£	£	£	£	£	£
Staff costs (Note 7)	182,218	74,176	–	–	221,029	82,070	5,962	100,187	123,070	59,956	99,685	47,968	996,321	834,793
Depreciation and amortisation	3,311	1,515	–	–	2,199	–	–	–	1,432	–	5,036	–	13,493	34,862
Other Costs including Office Costs	22,109	20,462	–	–	24,486	70	12	–	32,625	–	65,135	419	165,318	175,565
Fundraising Consultancy	13,948	–	–	–	–	–	–	–	–	–	–	–	13,948	45,032
IT Support Costs & Website	8,766	24,963	–	–	28,319	5,444	1,064	–	43,230	–	10,422	475	122,683	83,257
Audit Fees	–	–	–	–	–	–	–	–	–	–	–	17,050	17,050	14,000
Support Group Meeting facilities	–	–	–	–	18,994	–	–	–	–	–	–	–	18,994	10,636
Office Rent and Insurance	–	–	–	–	–	–	–	–	–	–	23,103	–	23,103	24,205
Publications and Communications	712	208	–	–	2,114	–	–	–	41,015	–	–	–	44,049	14,550
	231,064	121,324	–	–	297,141	87,584	7,038	100,187	241,372	59,956	203,381	65,912	1,414,959	1,236,900
Support costs	13,293	6,980	–	–	17,095	5,039	405	5,764	13,887	3,449	–	(65,912)	–	–
Governance costs	41,019	21,538	–	–	52,749	15,548	1,249	17,785	42,849	10,644	(203,381)	–	–	–
Total expenditure 2024	285,376	149,842	–	–	366,985	108,171	8,692	123,736	298,108	74,049	–	–	1,414,959	
Total expenditure 2023	329,188	151,089	1,611	14,622	276,380	89,751	15,393	17,873	340,995	–	–	–		1,236,900

Notes to the financial statements

For the year ended 31 March 2024

5b Analysis of expenditure (prior year)

	Charitable activities											2023 Total £
	Raising funds	Phone & Email Support	Peer Support Services	Peer Support Services (Covid-19 Response)	Peer Support Groups	The e-Community	Employment Support	Bipolar Commission	Comms, Policy & Research	Governance costs	Support costs	
	£	£	£	£	£	£	£	£	£	£	£	
Staff costs (Note 7)	191,261	108,203	1,324	12,017	170,986	62,448	11,259	–	149,295	21,929	91,383	834,794
Depreciation and amortisation	8,705	8,219	–	–	8,478	–	–	–	159	–	9,300	34,862
Other Costs including Office Costs	15,685	3,252	–	–	15,355	1,928	335	–	87,518	717	50,775	175,565
Fundraising Consultancy	45,032	–	–	–	–	–	–	–	–	–	–	45,032
IT Support Costs & Website	9,855	4,480	–	–	21,367	9,385	1,056	–	29,051	531	7,533	83,257
Audit Fees	–	–	–	–	–	–	–	–	–	14,000	–	14,000
Support Group Meeting facilities	–	–	–	–	10,636	–	–	–	–	–	–	10,636
Office Rent and Insurance	–	–	–	–	–	–	–	–	–	–	24,205	24,205
Bipolar Commission	–	–	–	–	–	–	–	14,689	–	–	–	14,689
Publications and Communications	–	15	–	–	316	–	–	–	14,219	–	–	14,550
	270,538	124,170	1,324	12,017	227,138	73,760	12,650	14,689	280,242	37,177	183,197	1,236,900
Support costs	48,756	22,378	239	2,166	40,934	13,293	2,280	2,647	50,505	–	(183,197)	–
Governance costs	9,894	4,541	48	439	8,307	2,698	463	537	10,249	(37,177)	–	–
Total expenditure 2023	329,188	151,089	1,611	14,622	276,380	89,751	15,393	17,873	340,995	–	–	1,236,900

Notes to the financial statements

For the year ended 31 March 2024

6 Net income/(expenditure) for the year

This is stated after charging/(crediting):

	2024	2023
	£	£
Depreciation of tangible fixed assets (Note 11)	9,416	10,515
Amortisation of intangible assets (Note 12)	4,076	24,346
OPERATING LEASE RENTALS PAYABLE:		
Property	18,420	20,236
Other	–	–
AUDITOR'S REMUNERATION (EXCLUDING VAT):		
Audit	11,750	11,000
Under accrual from prior year	2,000	3,000

7 Analysis of staff costs, Trustee remuneration and expenses, and the cost of key management personnel

Staff costs were as follows:

	2024	2023
	£	£
Salaries and wages	876,862	721,239
Social security costs	80,344	67,767
Employer's contribution to defined contribution pension schemes	39,115	31,099
	996,321	820,105

There were two termination payments included in salaries and wages above for 2024 (2023: Nil).

The following number of employees received annual remuneration during the year between:

	2024	2023
£60,000 – £69,999	1	1

The total employee benefits (including pension contributions and employer's national insurance) of the key management personnel were £497,260 (2023: £429,952).

Key management personnel consist of 10 employees (2023: 10).

The charity Trustees were neither paid nor received any other benefits from employment with the charity in the year (2023: £nil). No charity trustee received payment for professional or other services supplied to the charity (2023: £nil).

One of the Trustees was reimbursed for Travel costs of £377 in 2024 (2023: 1, £339).

8 Staff numbers

The average number of employees (head count based on number of staff employed) during the year was 27.8 (2023: 23.4).

Staff are split across the activities of the charity as follows:

	2024	2023
	No.	No.
Charity Management & Admin	3.3	2.26
Peer Support Groups	8.0	6.36
Phone & Email Support	2.5	3.04
Self-Management	0.7	–
eCommunity	3.1	2.63
Fundraising	5.9	4.90
Employment Support	0.1	0.58
Awareness Raising	3.1	–
Research	1.1	–
Communications, Research, Policy	–	3.65
Total headcount	27.8	23.42

9 Related party transactions

Aggregate donations from related parties were £1,242 (2023: £430).

The following Trustees made unrestricted donations to the charity during the financial year: Mr Robert Print £29 (2023, £120); Mr Jeremy Clark £212 (2023, £260), and Guy Paisner £1,000..

10 Taxation

The charity is exempt from corporation tax as all its income is charitable and is applied for charitable purposes.

Notes to the financial statements

For the year ended 31 March 2024

11 Tangible fixed assets

Cost	Computer & Office equipment
	£
At the start of the year	37,708
Additions	11,187
Disposals	(12,093)
At the end of the year	36,802
DEPRECIATION	
At the start of the year	12,756
Charge for the year	9,416
Disposals	(11,672)
At the end of the year	10,500
NET BOOK VALUE	
At the end of the year	26,302
At the start of the year	24,952

All of the above assets are used for charitable purposes.

12 Intangible fixed assets

Cost	Computer Software
	£
At the start of the year	73,039
Additions in year	–
At the end of the year	73,039
AMORTISATION	
At the start of the year	68,963
Charge for the year	4,076
At the end of the year	73,039
NET BOOK VALUE	
At the end of the year	–
At the start of the year	4,076

All of the above assets are used for charitable purposes.

13 Listed investments

	2024	2023
	£	£
Fair value at the start of the year	548,081	593,684
Additions at cost	–	10,000
Net gain/(loss) on change in fair value	25,655	(55,603)
Fair value at the end of the year	573,736	548,081

INVESTMENTS COMPRISE:

	2024	2023
	£	£
UK Common investment funds	573,730	548,081
Shares listed on the London Stock Exchange	–	–
Unlisted shares in UK registered companies	–	–
Cash	6	–
	573,736	548,081

14 Debtors

	2024	2023
	£	£
Trade debtors	27,469	11,950
Prepayments/Accrued Income	157,177	47,798
Accrued income	–	–
	184,646	59,748

15 Creditors: amounts falling due within one year

	2024	2023
	£	£
Trade creditors	29,071	25,877
Taxation and social security	–	20,699
Accruals	60,653	44,213
Deferred income (note 16)	10,900	87,737
	100,624	178,526

Notes to the financial statements

For the year ended 31 March 2024

16 Deferred income

Deferred income comprises:

	2024	2023
	£	£
Balance at the beginning of the year	87,737	21,500
Amount released to income in the year	(87,737)	(21,500)
Amount deferred in the year	10,900	87,737
Balance at the end of the year	10,900	87,737

Deferred income in March 24, and the prior year represents a grant received from the Rotherham Clinical Commissioning Group for the setup of a peer support group in Rotherham together with delivering four self-management courses and the evaluation of these courses over a three-year period. For March 2023 there is an additional £55,000 from the Stone Family Trust which was received on the 31 March 2023. Along with smaller grants received, which have been deferred into 2023/24.

17a Analysis of net assets between funds (current year)

	General unrestricted	Designated	Restricted	Total funds
	£	£	£	£
Tangible/Intangible fixed assets	–	26,302	–	26,302
Investments	–	573,736	–	573,736
Net current assets	812,300	55,455	138,114	1,005,869
Net assets at 31 March 2024	812,300	655,493	138,114	1,605,907

17b Analysis of net assets between funds (prior year)

	General unrestricted	Designated	Restricted	Total funds
	£	£	£	£
Tangible/Intangible fixed assets	29,027	–	–	29,027
Investments	65,954	482,127	–	548,081
Net current assets	612,041	7,997	91,012	711,050
Net assets at 31 March 2023	707,022	490,124	91,012	1,288,159

18a Movements in funds (current year)

	At 1 April 2023	Income & gains	Expenditure & losses	Transfers	At 31 March 2024
	£	£	£	£	£
RESTRICTED FUNDS:					
Peer Support Service	3,504	–	–	(3,504)	–
Peer Support Groups	27,651	359,913	(300,335)	3,504	90,733
Awareness Raising	59,858	26,952	(22,976)	(16,454)	47,380
Research	–	–	(16,454)	16,454	–
Total restricted funds	91,013	386,865	(339,765)	–	138,113
UNRESTRICTED FUNDS:					
Designated funds:					
Bipolar Commission	482,127	–	(123,736)	–	358,391
Service Expansion	–	–	–	277,000	277,000
Website Re-Build Reserve	–	–	(23,404)	38,000	14,596
Self Help Groups	7,997	–	–	(2,482)	5,515
Total designated funds	490,124	–	(147,140)	312,518	655,502
General funds	707,022	1,320,187	(902,399)	(312,518)	812,292
Total unrestricted funds	1,197,146	1,320,187	(1,049,539)	–	1,467,794
Total funds	1,288,159	1,707,052	(1,389,304)	–	1,605,907

The narrative to explain the purpose of each fund is given at the foot of the note below.

Notes to the financial statements

For the year ended 31 March 2024

18b Movements in funds (prior year)

	At 1 April 2022	Income & gains	Expenditure & losses	Transfers	At 1 April 2023
	£	£	£	£	£
RESTRICTED FUNDS:					
Peer Support Service	–	5,094	(1,590)	–	3,504
Peer Support Services (Covid-19 Response)	14,435	–	(14,435)	–	–
Peer Support Groups	21,114	193,464	(186,927)	–	27,651
Communications Policy & Research	142,074	42,947	(125,163)	–	59,858
Total restricted funds	177,623	241,505	(328,115)	–	91,013
UNRESTRICTED FUNDS:					
Designated funds:					
Bipolar Commission	500,000	–	(17,873)	–	482,127
Self Help Groups	7,997	–	–	–	7,997
	–	–	–	–	–
Total designated funds	507,997	–	(17,873)	–	490,124
Fair value reserve	–	–	–	–	–
Revaluation reserve	–	–	–	–	–
General funds	551,477	1,102,061	(946,516)	–	707,022
Total unrestricted funds	1,059,474	1,102,061	(964,389)	–	1,197,146
Total funds	1,237,097	1,343,566	(1,292,504)	–	1,288,159

Purposes of restricted funds

Restricted funds represent grants received from donors to be utilised by the charity to deliver specific services to the bipolar community in accordance with terms stipulated in the individual grant agreements.

Peer Support Services (Covid-19 Response) – during the 2020/21 financial year the charity made a large number of Covid-19 response related grant applications not restricted to a particular charitable activity, but in response to Covid-19. As a result, the funds were utilised to fund all charitable activities including related support costs.

Bipolar UK provides face to face peer support and online self-management tools to empower people affected by bipolar to self-manage effectively. These can be broken down as follows:

eCommunity – provides a safe space for people affected by bipolar to talk online exchange self-care tips in a safe moderated environment. The eCommunity has recruited over 15,000 subscribers to date.

Phone and email Support – employing staff with lived bipolar experience to make 1-1 calls to people affected by the condition with the aim of sharing self-management tips and signposting to useful information on the charity's website.

Peer Support Groups and Services – face to face local peer support groups – and virtual groups using Zoom to bring small groups of people affected by bipolar together to provide regular support.

Communications Policy & Research – delivering on patient and public involvement contracts for universities; maintaining and updating website content, social media including facilitating regular Facebook 'live' sessions, developing an eLearning course, mobile phone mood tracking application and broadcast and print media. During 2021/22 particular focus on hosting the Bipolar Commission which included conducting four big patient surveys, compiling evidence on diagnosis, hospital care, medication, physical health, suicide prevention and the impact of bipolar on woman.

Awareness Raising – updating website content, social media including facilitating regular Facebook 'live' sessions, developing e-learning packages, mobile phone mood tracking application, and broadcast and print media.

Purposes of designated funds

- Bank balances held by Self Help Support Groups to meet local expenditure £5,515.25 (2023: £7,997)
- The Trustees have deliberated to set aside £500,000 as designated funds to implement the recommendations of the Bipolar Commission report over the next three to five years. The remaining balance is £381,932.

Notes to the financial statements

For the year ended 31 March 2024

19 Operating lease commitments payable as a lessee

The charity's total future minimum lease payments under non-cancellable operating leases is as follows for each of the following periods:

	Equipment	
	2024	2023
	£	£
Less than one year	18,420	20,236
	18,420	20,236

20 Legal status of the charity

The charity is a registered company limited by guarantee with no share capital. It is registered in England & Wales with registration No. 01955570.

Thank you.

We are only able to provide the life-changing services we do because of the incredible generosity of our donors. Over the last year, people have given generously through commissioned income, Trusts, personal donations, and wills. All contributions are gratefully received. We would though like to say a particular thank you to the following organisations and individuals who have given over £4,000 and have not asked to remain anonymous. Because of you, we have improved the lives of tens of thousands of people affected by bipolar.

Action For Mental Health
Big Lottery England
Bipolarité France
Cardiff University
Coventry and Warwickshire NHS Trust
CRH Charitable Trust
Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust
Department of Health and Social Care
Devon Community Foundation
Dr Clare Dolman
Enterprise Development Fund
Ernest Kleinwort Charitable Trust
Eveson Charitable Trust
Garfield Weston Foundation
HMRC
Hypatia Foundation
John and Fiona Yeomans
Kings College London
Mary Kinross Charitable Trust

Oxford Health NHS Foundation Trust
Paicolex Trust Company
Paracletos
Porticus Foundation
Rethink Mental Illness
Rotary Club of Cuckfield Lindfield & Haywards Heath
Rotary Club of Cheltenham North
Rotherham CCG
Sir James Knott Trust
Stone Family Foundation
Tamasin Little
The Basil Samuel Charitable Trust
The Big Give Trust
The Stanley Grundy Foundation
Torbay and South Devon NHS Foundation Trust
Trevor Chinn
University Of Lancaster
Wales National Lottery
William Allen Young Charitable Trust



I went to the session last night in London Bridge, it was super useful and engaging, looking forward to attending future events.

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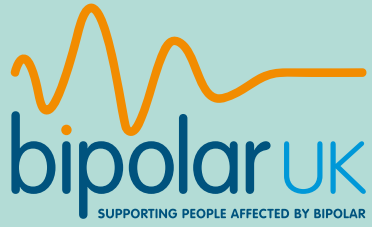
www.bipolaruk.org



BIPOLAR UK LTD

England & Wales - Charity number 293340

Accounts



Our community. Our charity.

Report and financial statements
1 April 2022 - 31 March 2023



COMPANY NUMBER 1955570

CHARITY NUMBER 293340

Our mission is to **empower everyone affected by bipolar** to live well and fulfil their potential.

We will achieve it by continuing to **grow a community** of support that connects people through lived experience and by acting as the voice of our community to **challenge stigma** and **improve healthcare services** across the UK.

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Reference and Administrative Information



Company number

1955570

Country of incorporation

United Kingdom

Charity number

293340

Country of registration

England & Wales

Registered office and operational address

32 Cubitt Street, London WC1X 0LR

Trustees

Trustees, who are also directors under company law, who served during the year and up to the date of this report, are as follows:

Guy Paisner, Chair

Nadia Silver, Vice Chair

Sarita Dent, Treasurer (until March 2023)

Dan Whitlam (Appointed December 2022),
Treasurer (from April 2023)

Hilary Samson-Barry

Alice Alphandary

Melissa Barnett

Jeremy Clark

Derek Dale KC (Appointed December 2022)

Robert Print

Bill Walden-Jones

Dr Aditya Sharma

Louis Constandinos (Appointed December 2022)

Ed Butcher (Appointed December 2022)

Key management personnel

Simon Kitchen, Chief Executive

Rosie Phillips, Deputy Chief Executive

Bankers

CAF Bank

25 Kings Hill Avenue

Kings Hill

West Malling

Kent ME19 4JQ

National Westminster Bank plc

5 Market Place

Kingston Upon Thames

Surrey KT1 1JX

Solicitors

Carter Bells

Kings' Stone House

12 High Street

Kingston Upon Thames

Surrey KT1 1HD

Auditor

Sayer Vincent LLP

Chartered Accountants and Statutory Auditor

Invicta House

108 - 114 Golden Lane

London EC1Y 0TL

Trustees' Annual Report



The trustees present their report and the audited financial statements for the year ended 31 March 2023.

Reference and administrative information set out on page 4 forms part of this report. The financial statements comply with current statutory requirements, the memorandum and articles of association, the requirements of a directors' report as required under company law, and the Statement of Recommended Practice - Accounting and Reporting by Charities: SORP applicable to charities preparing their accounts in accordance with FRS 102.

CEO Message 2022/23



Simon Kitchen
Chief Executive Officer
Bipolar UK

2022/23 marked my fifth year as CEO of Bipolar UK. Leading this charity has been the biggest privilege of my life so far. I'm proud of so many of our achievements but know there is so much more to do.

The findings from the Bipolar Commission published in November 2022 threw into stark relief the devastating impact bipolar is having on people's lives. Life is a daily struggle for hundreds of thousands of people living with the condition. They are more likely to be in poor physical health, be unemployed, be socially isolated, carry large amounts of unmanageable debt, experience higher divorce rates, and they have a high risk of suicide. The most shocking statistic we uncovered is research suggesting that one in five people with bipolar will eventually take their own life.

We have collected the evidence to show what is happening and identified some of the key solutions for solving the biggest issues. To meet the enormous challenge we face, during 2022/23 the charity upscaled both its peer support, communications and advocacy work to get our services and message of action and hope out to as many people as possible.

We also formed and strengthened partnerships with organisations like The Access Group who not only raised huge amounts of money for our services but also provided incredible pro-bono support in co-producing our eLearning course which has already been used by thousands.

The charity also hit an important milestone – achieving an income over £1 million a year for the third year in a row. This has given the charity more confidence in its financial future and allowed us to fill six more staff positions over the year. More money and more people doesn't necessarily mean more impact, but this increase in capacity has seen us reaching and supporting more people than ever before.

We remain pragmatic about what can be achieved though. Bipolar affects over six million people every year (more than one million people live with the condition, and for each of them five close friends

and family are affected) and accounts for 17% of the total burden of mental illness. Despite being the only UK-wide, bipolar-specific charity, we are only a fraction of the size of other condition-specific charities with similar levels of need. By focusing on our communications, we therefore aim not just to raise awareness of bipolar and how it can be managed, but also to reach those members of our wider community who have the motivation, time and commitment to help us but who don't even know we exist.

Our regular evaluations prove very clearly that our current services play a critical role in helping people balance their mood, reduce suicidal thoughts and suicide attempts and help to keep people out of hospital. Getting all our current services out to everyone affected by bipolar would be hugely transformative for millions of people.

It is a long, long journey. But with our current level of growth, we believe we can provide universal peer support to everyone living with bipolar in the UK by 2033. With the help of some amazing donors, volunteers and a large amount of luck we could potentially reach this goal in five years.

The wider changes we are advocating for would require an entire rewiring of mental health services with a focus on diagnosis and the introduction of a specialist care pathway for bipolar. This would be more cost-effective than the current model, but the NHS is a big beast and there are many obstacles in our way. Despite these challenges, we have to start somewhere. And on an optimistic note, we have an abundance of tenacity within our community and an ever-growing network of influential allies.

Given the huge progress we have made over the last five years, we believe that anything really is possible.

Trustees' Annual Report | Objectives and Activities



The trustees review the aims, objectives and activities of the charity each year, taking account of the Charity Commission's general guidance on public benefit. This report looks at what the charity has achieved and the outcomes of its work in the reporting period.



Purposes and aims

Our objectives remain consistent with our founding ethos – to bring people with bipolar together to share their experiences and support each other.

Thanks to two pioneering women, Sheila Woodland, Philomena Germing, the Manic Depression Fellowship (as it was then called) was founded on 25 February 1983 when 43 people attended the first meeting at Church House, Westminster Cathedral.

A report of the meeting read:

'We should work to dispel the stigma, secrecy and widespread ignorance of manic depression. Manic depressives should be more open about the condition and still find suitable jobs.'

While we use different language to talk about bipolar these days, these aims couldn't be more relevant 40 years later.

We meet our Charitable Objects, to support all individuals affected by bipolar disorder and associated illnesses in any way which is charitable in law, in the following ways:

- **Provision of specialist advice services**
- **Facilitation of peer support services**
- **Public education activities to increase understanding of bipolar disorder**

Where we are now

On a scorching hot day in September 2023, we gathered in the same venue as the founders' first meeting (Westminster Cathedral) to celebrate our 40th birthday and to thank and acknowledge all our amazing volunteers both past and present.

The aim of the event was to celebrate the continuation of the golden thread of peer support, the founding principle of the charity, which still inspires our work today. Today, we are classed as a large charity and are proud to support an ever-growing community.

Our recent evaluation found that our peer support services play a pivotal role helping people to manage their moods more effectively, to feel less socially isolated, to have fewer suicidal thoughts, to be less likely to attempt to take their own lives, to be less likely to be detained under the Mental Health Act and to have shorter hospital admissions.

During the reporting period we continued our bounce back from the pandemic with our call-back and email services now reaching more people than they did before Covid-19. We opened and re-opened more online and in-person groups and may even reach pre-Covid-19 monthly meeting numbers by the end of March 2024. Our online conference on 30 March 2023 was attended by over 2,000 people making it one of the largest ever bipolar-focused events in the world.

Despite the growth of the charity, 2022/23 was also a moment of sober reflection. In March 2022 and November 2022, the charity published two further Bipolar Commission reports which combined lived-experience stories, extensive survey work and the latest academic literature to establish what it is like living with bipolar in 21st century Britain.

The reports provided grim reading and evidence that despite huge investments in NHS services since 1983, outcomes for people living with bipolar have, if anything, got worse not better over the last four decades.



The average age of diagnosis has increased from 26 to 33 and no better treatment has come along to replace lithium as the gold-standard medication. While effective for many people, it is by no means a miracle cure and even its prescribing levels are at best stagnant or at worst falling. **Shockingly, 60% of people with bipolar get no specialist treatment for the condition.**

Over half (54%) of our community report they had been detained against their will to get treatment at some point in their lives (known as sectioning). Once in hospital, over 20% of our survey respondents told us they had experienced forced injections and physical restraint. Almost 10% of respondents had experienced verbal abuse from staff and 2% had experienced sexual abuse from other patients. In one harrowing example, patients were left without food for two days because a staff member forgot to order some in.

Despite the scale of bipolar in inpatient care, the condition remains largely invisible in data capture. The NHS still doesn't know what proportion of people sectioned under the Mental Health Act have a bipolar diagnosis.

An estimated 56% of people living with bipolar don't have a diagnosis

Outside of hospital, people with bipolar miss out on life-changing new psychological therapies, with the NHS England's flagship Improving Access to Psychological Therapies, (IAPT's service) actively excluding them from their criteria. Overall, 26% of our community reported that they had been told they could not get therapy on the NHS and would

have to pay for it themselves – despite therapy being recommended on an equal footing to medication in NICE guidelines.

People with bipolar have also disproportionately suffered from the obesity epidemic with two-thirds of our community classed as being clinically obese due to side-effects of medication (and sometimes over medication), and wider complications from the condition. People living with bipolar are also more likely to get divorced, be unemployed and be made homeless. Not surprisingly the London School of Economics found that poor bipolar management costs the UK economy £20bn a year and accounts for 17% of the total burden of mental illness. This itself is likely to be a gross underestimate and we await more research which is due to be published showing the huge additional costs of the physical burden people with bipolar also face.

From suicides rates to obesity, debt to detentions, the failure to support people living with bipolar to manage their condition is having a devastating impact on the country – for the individuals, for the NHS and for the economy. Bipolar is hidden in plain sight in the world of policy as well as in our workplaces, our learning institutions and in our society generally.

Despite its enormous cost in lives, money and lost potential everywhere you look, bipolar continues to be neglected by the mental health sector. There is no national plan or collective call from the sector to get even the basics right: for everyone with bipolar to get a diagnosis, appropriate medication and self-management advice.





Nothing is going to change unless Bipolar UK pushes for change. That is why we are mobilising our community and all our allies in the academic world and wider society to ensure bipolar is getting into conversations and sitting at the heart of decision-making. In 2022/23, responding to the findings of the Bipolar Commission, the charity significantly increased its policy, advocacy and communications work to bring about that change.

This work has had four important strands:

- 1** **We formed a partnership with public relations company Sway PR** to both promote the findings of the Bipolar Commission and to insert bipolar into relevant conversations; from suicide prevention to unmanageable debt. This has resulted in unprecedented coverage for the charity and its Bipolar Commission – **reaching over 535 million people worldwide.**
- 2** **We worked with our corporate partners The Access Group and its Foundation** to create what could be the world's first bipolar public health campaign: 'Could it be bipolar?'. The campaign raised awareness of the condition and its symptoms and launched a 20-minute eLearning resource to provide back-to-basics, follow-up advice on how to manage the condition.
- 3** **We have also formed an awareness-raising partnership with Rotary GB&I** to engage the 40,000 Rotarians in the UK and Ireland in our mission. This has resulted in joint online events and activities ranging from street stalls and awareness walks in local communities to speaker opportunities at local multi-district and national meetings.
- 4** **We opened up a whole new exciting strand of work for the charity recruiting Dr Tania Gergel as our first Director of Research at Bipolar UK.** She will be leading both our growing patient participation and involvement work but also, in time, leading academic studies that will help us find better treatments for the condition.

All this is only possible thanks to the enormous commitment of our small but growing team of staff, our amazing volunteers and our dedicated donors and supporters.

Review of Achievements



The Bipolar Commission held a launch event in the House of Commons in November 2022. It was attended by over 100 stakeholders with an interest in bipolar from across politics, the health sector and business.

The event included speakers with lived experience of bipolar and academics with clinical expertise to outline both the enormous problems we face but also practical solutions to solve them.



Bipolar Commission

The launch was followed by in-person events in Wales in June 2023 and in Northern Ireland in August 2023, which were attended by hundreds more stakeholders. These events were delivered in partnership with the National Centre for Mental Health in Cardiff and Aware NI in Belfast who are helping us to take forward our policy agenda in the home nations.

The most pressing aim to emerge from the Bipolar Commission findings is the urgent need for diagnosis and specialist treatment for the condition. This is both more cost-effective than the current model but also results in significantly better life chances for the person with the condition. The average 9.5-year delay to diagnosis is a particular concern as we have clear evidence that the longer people wait, the higher the risk they will attempt suicide, or actually take their own life.

Taking this forward, we are currently calling on all political parties across the UK to make the commitment before the General Election to reduce the delay to diagnosis down to five years within five years. This is still far too long but our clinical and academic allies tell us it is achievable within the NHS's current bandwidth. This will form the focus of our advocacy work for the foreseeable future. 2023 saw us recruit new staff to drive it forward.

The Bipolar Commission commissioners also committed to continue to work together to investigate wider topics related to bipolar, including the symptom of hypersexual behaviour, which we will report on in 2023/24.

Could it be bipolar? campaign

Launched in autumn 2022, our 'Could it be bipolar?' campaign reached a staggering 1.5 million people over a six-month period. This resulted in over 18,000 people taking the Mood Disorder Questionnaire which asks people 13 questions related to mania and hypomania to rule in or rule out potential bipolar.

An [independent evaluation](#) of the campaign estimated that it resulted in more than 10,000 people with undiagnosed bipolar going to their GP to talk about their symptoms and take the first step to getting an accurate diagnosis. A further 4,000 went on to access the eLearning resources attached to the campaign. This provides a valuable proof of concept that the campaign can be scaled up to reach millions more.

Mood Tracker app

Our Mood Tracker app which we launched in March 2022 continues to get excellent reviews, and is mostly given 4 and 5* ratings (with an average of 4.7/5*).

At the end of March 2023, the app had been downloaded **22,449** times and at the time of writing **34,600** times with **9,989** of these downloads between April 2022-March 2023.

For six months, Andrew Thompson, our ambassador and volunteer app developer, has worked with translators, a designer and our friends at Bipolarité France to develop a French version of our app which is due to launch in the next few weeks and will help to spread awareness of Bipolar UK in French-speaking countries across the world.



Our 'Could it be bipolar?' campaign reached a staggering **1.5 million people** over a six-month period

Could it be bipolar? | Campaign feedback





Christmas campaign

As well as being recipients of our services, people living with bipolar are also among the biggest contributors to the charity. We were honoured in 2022 when songwriter and Bipolar UK ambassador Nicky Chinn, along with his record label Universal Music, generously granted the charity permission to use a clip of his world famous 'Lonely at Christmas' song to raise money for our support services over Christmas. The appeal raised over £10,000 and enabled us to provide more services than ever over the festive break.

JAAQ partnership

In March 2023, we announced a new partnership with mental health and social media platform JAAQ (Just Ask A Question) - a free, high-profile online platform using voice recognition and artificial intelligence (AI) to provide a safe space where users can ask doctors, experts and those with lived experiences questions on mental health topics.

Three sets of questions have been recorded so far. Two sets, featuring TV presenter Leah Charles-King and researcher Dr Thomas Richardson, sit both on the JAAQ platform and as evergreen content on our website. One set, featuring PR consultant Mia Hodgkinson, sits on the JAAQ workplace site. Plans are on the horizon for ongoing Bipolar UK-JAAQ collaborations, including webinars and live events.

Our online conference

In March 2023, more than 2,370 people attended our annual conference on the night and 1,800 (and counting) more have since watched it on catch up. The conference included contributions from academic and lived-experience household names as well as those from our wider community.

The highlights of the evening were three insightful interviews featuring mental health activist Alastair Campbell, national treasure Frank Bruno, actress Nadia Sawalha and her husband, writer and producer, Mark Adderley, Dr Nick Prior, author Mya-Rose Craig, screenwriter Kayleigh Llewellyn and our ambassador Emma Belle.

During the three-hour event, we explored a range of issues connected to the condition, including sleep, overspending, hypersexual behaviour and paranoid behaviour. Each of those topics has also been covered in a popular series of follow-up webinars. Not only have more than 1,500 people signed up to these webinars so far, the recordings now sit as helpful content on the website.

A massive thank you goes out to all our speakers and contributors on the night, especially to our incredible ambassador Leah Charles-King who hosted the conference for the third year running.



“ For the first time in a long time, someone actually heard me and was able to pull me through a very dark time. They were able to link me with different organisations that are helping me as well as the many services offered by Bipolar UK. I will always be eternally grateful for the continued support I am receiving from you.

(feedback from services 2022/23)

Our peer support services



After the final lockdown period, we reflected as a charity on how the world had changed and we recognised that digital channels are an increasingly popular way for us to reach greater numbers of people and provide more choice for our community.

Peer Support Groups

Going forward, we are committed to continue to learn and listen to our community about their changing needs, which is why we currently run a blend of online and in-person Peer Support groups.

During the month of March 2023, we held 61 Peer Support group meetings. From April 22 to March 23, we held an average of 55 Peer Support Group meetings a month throughout England, Wales and Northern Ireland, up from 35 the previous year (April 21 – March 22). Alongside our monthly 'Women and bipolar' online groups, we also added a group for 'Friends and Family'. Between April and September 2023, we have opened a further 15 local groups making a total of 76. At the time of writing, we are only nine groups short of our pre-pandemic number.

Between 2021/22 and 2022/23, average monthly reported attendance has also more than doubled from 116 to 231. This is on an upward trajectory as existing groups fill up with more attendees as they get better known and people become more confident getting out and about again.

We continue to actively recruit and train volunteer co-facilitators to help us manage the Peer Support group meetings and recruited 24 new volunteers over the year, taking the total up to 132 at the time of writing. This still leaves us some way short of our pre-pandemic level of 200 co-facilitators, and we continue to explore a range of recruitment channels as we plan to reopen and set up even more groups.

Peer Support 1-1 call-back and email service

Between April 2022 and March 2023, we delivered 5,152 incidents of support via 1-1 emails and call-backs, up from 2,882 the previous year (April 21 – March 22).

We helped thousands of people speak to someone else with lived experience, often for the first time

Chatbot

Our chatbot, launched the previous year, continues to allow people to book calls and can often signpost people to useful information on our website. Between April 2022 and March 2023, more than 658 questions a month were answered.

The eCommunity

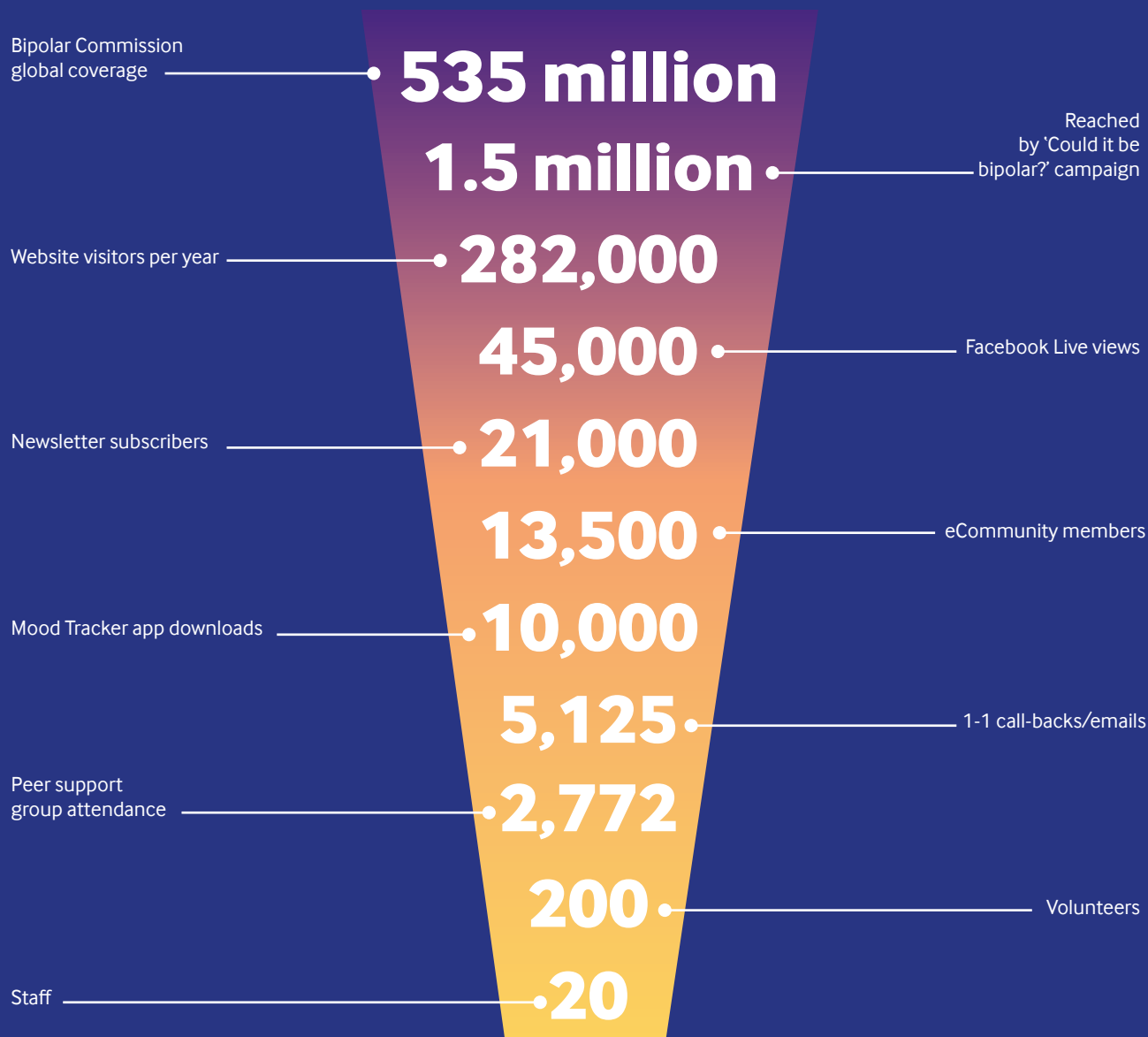
The eCommunity continued to grow up from 11,137 to 13,563 users over the course of the year, with 992,700 pages viewed. Having moderators on hand every day, 365 days a year, between 8am and 8pm, helps to secure the safety of members and ensures the provision of useful information as appropriate. It is clear that users value the space to talk about a wide range of topics with others who really understand bipolar. Users report lower levels of isolation as a result.

“

I reached out to your peer support service in desperation. I can honestly say it has changed my life. The complete understanding, the empathy and the compassion I received was so much more than I expected.

(feedback from services 2022/23)

Maximising our impact for our community



IT and systems

The growth in services and fundraising during 2022/23 was only possible because we upgraded our IT and systems infrastructure. The focus was to bed in our new CRM system Salesforce which is used to monitor the fundraising pipeline, service outputs and our audience. We also started to utilise Smartsheet as a software tool to manage projects and a new Intranet to streamline reporting and provide staff and trustees monthly data on charity performance.

This important work was expensive in terms of both time and money but has established solid foundations from which the charity can grow in 2023/24 and beyond.

A massive thank you

None of what you have read – the impactful services and support delivered in such trying times – would be possible without the hard work, dedication and humanity of our staff, volunteers and supporters.

In particular, our volunteers have played a leading role in sustaining and driving the charity and its community. This includes 132 active volunteers who deliver services locally in England, Wales and Northern Ireland, and other volunteers, such as our commissioners, trustees and ambassadors.

Indeed, our board itself is made up of 14 volunteer trustees most of whom have a bipolar diagnosis or who are directly affected by bipolar in their family.

And our inspiring team of ambassadors, who either live with bipolar or support a close family member with the condition, find time in their busy schedules to get involved in our projects and support our mission to get more people talking about bipolar.

These people are at the heart of our charity and our community.

“ Thank you to you all at Bipolar UK for all that you do - it’s a lifeline.

(feedback from Peer support line 2022/23)

Evaluating our services

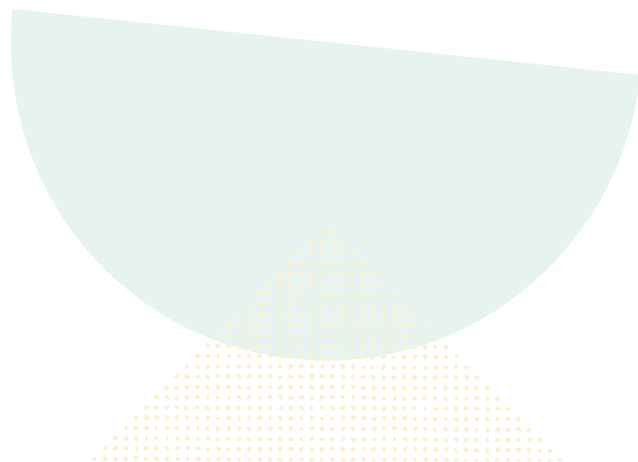


Peer support services have been the bread and butter of the charity for over 40 years. 2022/23 saw big growth in the team which has paid off by a record increase in the number of groups and call-backs and emails. We also delivered our first self-management courses for over 10 years and started delivering our first NHS contract.

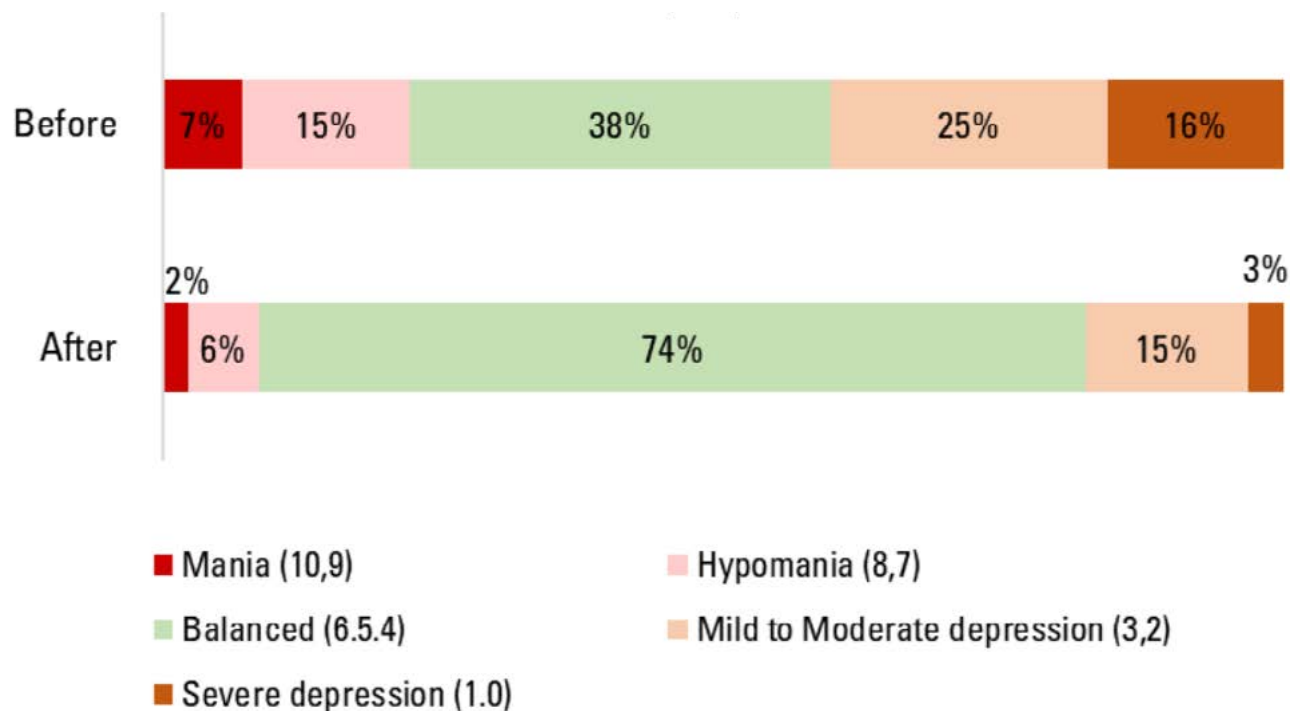
In September 2023 we received the findings from our independent evaluation - covering the first six months of 2023. It provided proof and reassurance of what we already intuitively know: that our services continue to save and improve lives.

This impact is most graphically illustrated by looking at people's self-reported moods both before and after using our services.

The number of people experiencing depression and mania more than halved after using our services.



Individuals scoring their mood on the Bipolar UK Mood Scale before and after using Bipolar UK's services in the last six months (453)



The wider findings of the evaluation



Headline impact

- **69%** of individuals who had used Bipolar UK services in the previous six months (520) agreed that using **Bipolar UK's services had changed their life for the better**
- **79%** of individuals who had experienced some positive change in their lives in the previous six months (467) **attributed some of that positive change to using Bipolar UK's services** with 28% attributing half or more of that change to Bipolar UK
- **72%** of friends or family who had used Bipolar UK's services in the previous six months and experienced some positive change in their loved one's life (69) **attributed some of that positive change to using Bipolar UK's services** with 65% attributing half or more of the change to Bipolar UK

Suicide prevention

- **36%** of individuals who had had some suicidal thoughts in the previous six months (380) agreed that, as a result of using Bipolar UK's services and activities, they **had had fewer suicidal thoughts**
- **38%** of individuals (335) who had had some suicidal thoughts in the previous six months agreed that using Bipolar UK's services and activities had **helped to prevent them acting on those thoughts**

Reducing self-harm

- **39%** of individuals who had had thoughts of self-harm in the previous six months (314) agreed that, as a result of using Bipolar UK's services and activities, they had had fewer thoughts about self-harming
- **40%** of individuals (293) who had had thoughts of self-harm in the previous six months (293) agreed that using Bipolar UK's services and activities had **helped to prevent them acting on those thoughts**

“ The support you offer to people like me is invaluable, giving me the best peer support I have ever received. I have been living with bipolar for 19 years and I now feel for the first time in many years that I have hope of a brighter future, managing my bipolar in a way that works for me.

(feedback from services 2022/23)





Reducing length of hospital stays

- **43%** of those who had spent time in hospital due to their bipolar in the last six months (44) agreed that using Bipolar UK's services and activities had **reduced the time they spent in hospital due to their bipolar**
- **21%** of friends and family who responded (95) reported that, following their friend or family member using Bipolar UK's services, their **loved one had spent less time in hospital due to their bipolar**

Avoiding hospital admissions

- **26%** of individuals who had not spent time in hospital due to their bipolar in the last six months (481) agreed that using Bipolar UK's services and activities had **meant they had avoided being admitted to hospital** for their bipolar



Getting a bipolar diagnosis

- **57%** of individuals who had received a diagnosis in the previous six months (35) felt that using Bipolar UK's services and activities was **helpful in getting their bipolar diagnosis**
- **23%** of newly diagnosed individuals (35) felt that, because of using Bipolar UK's services, they **received their diagnosis earlier** than that would have done otherwise
- **50%** of friends and family who responded (96) reported that, thanks to their friend or family member using Bipolar UK's services, their **loved one had got a bipolar diagnosis**

Living well with bipolar

- **69%** of individuals surveyed (515) agreed that using Bipolar UK's services and activities made them **manage their condition better**
- **60%** of individuals (518) agreed they were **more able to stay well** as a result of using Bipolar UK's services and activities
- **45%** of friends and family who responded who had used Bipolar UK's services and activities (93) agreed their **loved one was now better able to manage their condition**
- **51%** of friends and family who responded who had used Bipolar UK's services and activities (93) agreed their **loved one was now better able to stay well**



Thanks so much for your help, it has helped so so much. I have a very inexperienced care coordinator & she's no help about whether what I'm experiencing is normal, so your email means a lot to me.

(feedback from services 2022/23)

The year in numbers | Key facts

Peer Support Groups



WE HELD AN AVERAGE OF 55 PEER SUPPORT GROUP MEETINGS A MONTH THROUGHOUT ENGLAND, WALES AND NORTHERN IRELAND, UP FROM 35 THE PREVIOUS YEAR



OUR LOCAL PEER SUPPORT GROUP MEETINGS WERE RUN BY A TEAM OF 132 ACTIVE VOLUNTEERS

We recruited 24 new volunteers, bringing our total number of peer support group volunteers to 132 over the year

Peer Support 1-1 Call Back & Email Service



WE DELIVERED 5,152 INCIDENTS OF SUPPORT VIA 1-1 EMAILS AND CALL-BACKS, UP FROM 2,882 THE PREVIOUS YEAR



WE RECRUITED 4 NEW VOLUNTEERS ON OUR PEER SUPPORT LINE, and helped thousands of people speak to someone else with lived experience of bipolar, often for the first time

Chatbot



WE RESPONDED TO MORE THAN 658 QUESTIONS PER MONTH IN 2022/2023

Launched the previous year, the Chatbot sits on our homepage and continues to be a useful tool allowing people to book 1-1 support calls and get answers to FAQs

eCommunity



FROM APRIL 22 TO MARCH 23, WE HAD 2,424 NEW MEMBERS AND THERE WERE 992,700 PAGES VIEWED ON OUR ECOMMUNITY

Mood Tracker App


22,449
DOWNLOADS OF THE MOOD TRACKER APP

At the end of March 2023, there had been 22,449 downloads of our Mood Tracker app via Apple and Google Play:
www.bipolaruk.org/track-your-mood

Petition


12,282
SIGNATURES IN OUR 'SPEED UP BIPOLAR DIAGNOSIS' PETITION

Our petition is calling for the NHS and decision makers to speed up bipolar diagnosis to save lives:
www.change.org/SpeedUpBipolarDiagnosis

Newsletter Subscribers


20,839
NEWSLETTER SUBSCRIBERS

World Bipolar Day Conference


2,370
ATTENDEES AT BIPOLAR UK'S WORLD BIPOLAR DAY CONFERENCE 2023

We heard about some of the challenging symptoms of bipolar from top researchers and speakers with lived experience.

Bipolar UK Website


282,000
WEBSITE VISITORS PER YEAR

Could it be bipolar?


1.5 million
NUMBER OF PEOPLE REACHED THROUGH BIPOLAR UK'S 'COULD IT BE BIPOLAR?' CAMPAIGN

Our community. Our charity.

Our 40th Birthday celebration in September 2023



Financial review



The charity had a strong financial year due to higher than anticipated income of £1,343,565. This was primarily because of more income than expected from grants and legacies, including a large charitable contribution from The Access Group.

Expenditure was £1,236,900 due to the expansion of our in-person service provision post-covid and investments in building the charity's fundraising, communications, policy and research capabilities.

The trustees consider the financial position of the organisation to be sound and continue to review the fundraising strategy to ensure that sufficient funds are available for future years. Bipolar UK recognises that at any time its accounts will hold both restricted funds, which are monies held subject to specific conditions set by the donor or funder, and unrestricted funds. It is the policy of Bipolar UK to allocate a proportion of its unrestricted funds for certain designated purposes and to hold the balance as a General Unrestricted Fund.

Principal risks and uncertainties

The principal risks and uncertainties for the charity are maintaining the safety of our staff, volunteers and people who use our services, and sustainable growth, particularly in light of the fact that there are very few multi-year grants available in the charity sector.

Bipolar is a fluctuating condition where people can quickly become acutely unwell. Being unwell for people with bipolar can include periods of hyperactivity and erratic behaviour during periods of hypomania or mania, or recurring suicidal thoughts during periods of depression. The charity's peer support model depends on staff and volunteers with lived experience who are both supporting vulnerable people and at risk of becoming unwell themselves. The charity therefore operates stringent safeguarding procedures and puts an emphasis on positive mental health within the workplace.

The charity has grown significantly over the 18 months from April 2022 to September 2023 growing from 20 to 29 FTE, including creating two entirely new roles in advocacy and research. During this period the charity also off boarded 9 staff members, meaning the charity also needed to recruit and onboard 18 staff.

Inducting new staff into a 'virtual' office where the vast majority of people are working from home creates its own challenges, both in terms of time and cohesion. This challenge has been mitigated by investing in IT equipment and infrastructure, focusing staff on clear strategy, implementing a simple reporting system and holding regular team and one-to-one meetings.

The CEO and Deputy CEO have taken the high turnover seriously, conducting exit interviews and improving our practices where appropriate. This includes proposing more generous staff remuneration packages to trustees, increasing reflective practice within services to reduce stress and increasing the hours for roles where capacity is an issue.

The charity is now entering a phase of consolidation and needs to bed down its new team and work patiently towards achieving its goals.



Reserves policy

As of 31 March 2023, the charity held reserves of £1,288,159 (2022: £1,237,097) of which £91,012 (2022: £177,623) were restricted and £490,124 were held as designated funds (2022: £507,997).

Reserves are held to provide against any future income shortfall, fulfil working capital requirements and allow funds to be available to support service developments within the approved annual budget.

The Board of Trustees aspires to hold 'free reserves' equivalent to six-months unrestricted expenditure at any point in time with a minimum of three months held in cash.

'Free reserves' are defined as unrestricted reserves, exclusive of fixed assets, and determined based on average monthly unrestricted expenditure for 12 months ahead.



In determining an appropriate level of free reserves, the Trustees have identified the key risks and uncertainties facing the charity and seek to provide free reserves sufficient to mitigate those risk.

In particular:

- Dependence on voluntary donations and grants for the charity's income with a low proportion of income committed on a multi-year basis.
- The high proportion of fixed salary costs which would necessitate restructuring to reduce.
- The fluctuating value of assets, given the significant proportion of the free reserves held in managed funds.
- Uncertainty of restricted and unrestricted income breakdown during the financial year.
- Unexpected liabilities over and above budgeted contingencies.
- Fluctuations in timing of cash flows which could result in insufficient funds to pay staff and suppliers.
- Events having a major negative reputational impact on the charity.
- Time and expense in finding alternative funding or reduction in costs should targets or funding commitments not be met, or should other risks materialise.

Based on the above assessment and being mindful of the need for the charity to be able to sustain its core services, the Trustees have estimated that the level of free reserves required to mitigate against the identifiable risks is between £450,000 and £550,000 which represents 6 months of average unrestricted expenditure for 12 months ahead. The remaining free reserves have been designated by the Trustees for the purposes of implementing the main recommendations detailed in the Bipolar Commission report over the next five years. Also, additional reserves will be designated in 2023-24 for a redevelopment of the charity's website and expansion of our Peer Support Services offer.

Beyond the current financial period the Trustees' long-term aim is to ensure continued and appropriate support for individuals affected by bipolar. Should unrestricted reserves exceed the upper limit of six months it is the Trustees' intention that these funds designated for specific charitable activities are drawn down over a longer period. This currently includes the continuation of the Bipolar Commission, service expansion and the website upgrade.

The Trustees' policy on reserves is subject to an annual review by the Finance Committee and formal approval by the Board.

Going concern

Through Board meetings, Finance Committees meetings and Risk Register reviews, the trustees have considered the charity's activities and finances and consider that there are no material uncertainties regarding the charitable company's ability to continue as a going concern. These financial statements have therefore been prepared on this basis.

In October 2023 the charity had an active pipeline of £3.5 million from a number of sources including research partnerships, NHS contracts, grants from trusts and public donations. Based on a review of our pipeline over the previous twelve months the charity would expect to receive income of £1.225 million during 2023-2024.

Despite our relatively small size, our community is experiencing colossal levels of unmet need. Three in five people living with bipolar get no dedicated treatment or support for the condition. As a result, people with bipolar earn less money, have more debt, are more likely to become homeless and are more at risk of suicide – with up to one in five people with bipolar ending up taking their own life.

Independent evaluations have shown that Bipolar UK peer support services can play a vital role in empowering people to live well and fulfil their potential. They reduce relapse rates and suicidal thoughts, and keep people out of hospital. Bipolar UK also has an important role to play in advocating for better care and treatment and delivering research into the condition and its cure.

Despite our increasing impact, our services only reach a small proportion of people living with bipolar in the UK and a tiny fraction of the global number. The charity is developing an ambitious multi-year plan to improve understanding of the condition, provide a universal peer support service across the UK with 400 groups and develop a 'live' peer support line.

We want to provide the best advice and guidance on living with bipolar and be a shining light for everyone affected by bipolar across the world.



Fundraising

Following three successful fundraising years and healthy reserves, the charity is starting to see the benefits of its increased communications and fundraising activities. We have build up our internal fundraising capacity and reduced our dependency on Fundraising Consultants.

The key area of income growth for the charity in 2023/24 is expected to come from commissioned income. This includes NHS contracts linked to the Community and Voluntary Sector Framework in England and upscaling our role within Research Council funded studies. Both take advantage of Bipolar UK's unique expertise in delivering co-design with people living with bipolar and providing peer support that keeps people well, out of hospital and most importantly alive.

The corporate partnership with the Access Group has had an incredible impact on the charity which will be felt for years to come. It raised close to £450,000 and laid the foundations of service expansion during 2022/23, which has seen etc which has seen thousands more people get help and support.

Searching out a 'replacement' partnership in 2023/24 will be a challenge so the charity is seeking to work with a number of smaller scale partnerships to build up our credibility within the corporate sector.

The charity is also maximising the impact of its non-monetary partnerships, using the huge reach of Rotary Great Britain and Ireland to raise awareness across the world. Our involvement has ranged from speaking at district conferences to Rotary running street stalls to individual Rotary members getting involved in our Pole to Pole challenge and starting local conversations about bipolar and mood.

The charity renewed its contract with free online will writing service, Farewill. This is finally giving some visibility to its legacy pipeline. This will allow the charity to budget for legacy income in the medium term and

provide more opportunities for older supporters to give to the charity, which is particularly important as the large Baby Boomer generation reaches old age. The charity also has a partnership with PayPlan, a debt advice provider who is offering a free referral service to help our community with financial concerns.

The charity will explore opportunities to expand its individual giving programme. It currently works with third-party payroll giving organisations as part of its Action for Mental Health coalition with Rethink and Together. This raises just over £10,000 a year for the charity, with performance and complaints monitored at quarterly meetings of the members.

Bipolar UK will explore opportunities to expand this work, including registering separately with payroll giving organisations and other professional fundraising organisations so more people affected by bipolar who want to give have an opportunity to do so.

Bipolar UK is a member of the Fundraising Regulator and complies with all regulations required within it. During 2022/23 it received two complaints which were dealt with internally and didn't require escalation to the Regulator. All our fundraising activities are sensitive to the particular vulnerabilities that people with bipolar can sometimes experience - for example, impulsive spending. Our fundraising team is fully trained to understand bipolar and will never knowingly accept a donation from anyone they consider to be unwell. All our fundraising asks include a reminder to donate 'only if you are well and able to'.

The corporate partnership with the Access Group has had an incredible impact on the charity which will be felt for years to come. It raised close to £450,000



Over the last 6+ months or so I have seen the eCommunity continually improve. The current moderators really take their time to try and connect and build a relationship with users on a personal level, and the current moderation team is a credit to the charity.'

(feedback from eCommunity 2023)





“

Thanks to the person I spoke to on the Peer Support Line. They were excellent and I found the conversation very informative.

(feedback from Peer support line 2023)



Plans for the future

There are over a million people living with bipolar in the UK and a further five million people profoundly affected through close friends and family. It is never easy living with the condition but with a diagnosis, specialist treatment and peer support it is possible for people to lead fulfilling and successful lives.

As the only UK-wide bipolar charity, this presents an enormous challenge because if we don't advocate for the necessary changes and deliver the services then they simply won't happen. This also presents, however, a huge opportunity.

Inadequate healthcare services and a lack of psychoeducation leads to many challenges: for the individual, their family and friends, wider society and the NHS. As a charity, we have identified many of the solutions to those problems. Getting basic knowledge and peer support services out to as many people as possible will transform the lives of millions.

Most importantly, the wider community of six million people living with and affected by bipolar is the biggest asset for the cause; properly mobilised the community has the resources and skills to make things immeasurably better for people affected by bipolar in the long-term.



To achieve these aims we are focusing our energies on four priority areas:

Raising awareness and improving understanding of bipolar

Following the success of 'Could it be bipolar?' and its accompanying eLearning course, the charity is identifying key funding partners to scale it up nationally and locally. We are also exploring a partnership with Oxford University to use wearables linked to a mood monitoring app to improve self-management and mood predictions.

Advocating for diagnosis and specialist treatment for bipolar

During 2023/24 the charity will be using its voluntary income to sustain the policy and communication team to engage with senior decision makers in Whitehall, Westminster and the other devolved administrations to make bipolar diagnosis and suicide prevention a priority within mental health policies. This includes high-level liaison, MP letter-writing campaigns and working with local partners who share our ambitions.



It's such a huge relief to meet with other people who are coping with similar problems. Your support groups provide so much really beneficial information and practical advice, but they're also indescribably helpful when it comes to not feeling alone in circumstances that can be overwhelmingly painful and frightening. Thank you.

(feedback from Peer support line 2023)

Working towards universal peer support

The charity is committed to increasing its service provision and self-management courses by 20% a year over the next year. At this level of growth, the charity could offer peer support to everyone affected by bipolar who wants it by 2033.

Conducting and supporting high-quality research into bipolar and its treatment

We are developing research partnerships with key bipolar research centres in Cardiff, King's College London, Birmingham, Oxford and Newcastle. The charity will also conduct further analysis of the Bipolar Commission dataset, with a particular focus on diagnosis and suicide prevention.

To achieve its mission the charity invests significant time in its management and governance. In summary:



Structure, governance and management

The Board of Trustees is legally responsible for the strategic direction of the charity. It meets every three months and is supported by the Finance Committee chaired by our Treasurer, which meets on a quarterly basis between Board meetings. Alongside this there are four additional trustee / staff advisory groups covering the key operational areas of the charity: fundraising, policy and communications, services and research.

During 2022/23 the charity also established a Clinical Advisory Panel Steering Group, co-chaired by Professor Allan Young and newly-appointed trustee Dr Aditya Sharma. It comprises leading bipolar clinicians in primary and secondary care and plays a key role in ensuring the efficacy of our advice and services and advocating for diagnosis and specialist treatment within the NHS.

Recruitment and Appointment of Trustees

Trustees are recruited through a combination of national advertisements to broaden recruitment and ensure specific skill sets are obtained. During 2022/23, Professor Allan Young stepped down from the Board and we thank him for his service. During this period, we inducted four new trustees – Dan Whitlam, Dr Aditya Sharma, Edmund Butcher and Louis Constandinos – who were recruited to improve the charity's financial, advocacy, clinical and research expertise.

Trustee induction and training

Trustees receive a comprehensive induction which covers both the responsibilities of the role and the specifics of the charity. All new trustees are required to review and understand the Essential Trustee information on the Charity Commission website and other accompanying documents. They also have access to the latest governance training provided by charity sector bodies, such as NCVO. Trustees are all required to complete training on safeguarding, cyber-security and GDPR and sign a confidentiality agreement.

In getting to know the charity the trustees have a series of briefing meetings with the Chair, Treasurer and key staff including the CEO and Deputy CEO. Through these they are introduced to the charity's Articles of Association and other governance documents including the Year Plan, Risk Register and Management Accounts. We also arrange in-person visits to our offices and Peer Support groups, and an online tour of our eCommunity.

Each Board meeting ends with 15-20 minutes of time to reflect without any staff present. This allows new and longer-serving trustees a safe space to consider their performance in the meeting and provide constructive feedback to colleagues.

All trustees have Bipolar UK email addresses enabling them to separate charity and personal communications. It also allows them to access a 'Trustee intranet' where key performance indicators are uploaded monthly and bespoke charity training webinars on fundraising and other areas of charity activity can be accessed.

Senior Management Team

The trustees delegate the day-to-day operations of the charity to the Chief Executive and Deputy Chief Executive who form a Senior Management Team (SMT). The trustees have worked with the SMT to produce Board papers to guide the ongoing development of the charity. Responsibility for the implementation of the papers is delegated to the SMT through Action Logs which are updated and reported on quarterly.

Remuneration policy

The total staffing budget is proposed by the staff team, reviewed, amended and recommended by the Finance Committee and approved by the Board. Under advice from the staff team, they consider changes in costs of living, salary benchmarking, immediate financial resources of the charity and short- and medium-term financial projections to ensure any changes in pay and conditions are sustainable.

Remuneration of individual staff is reviewed and approved by a Remuneration Committee which comprises the Treasurer, Chair and the Vice-Chair of the charity. The Remuneration Committee receives an annual proposal for new posts and staff pay produced by the CEO, Deputy CEO and Finance Manager. In distributing the total remuneration budget, the staff consider new posts, retention and recruitment, wider benefits and the performance of individual staff members based on evidence from appraisals.

Changes to pay outside this process are proposed by the CEO and approved by the Treasurer, and must fit within the total Remuneration package unless approved by the Board.

Remuneration policy for key management personnel

The remuneration of key management personnel is determined with due consideration of comparable current market sector rates by the Remuneration Committee and approved by the Board.

Related parties and relationships with other organisations

There are no related party relationships with any other organisations.

Registration

The organisation is a charitable company limited by guarantee, incorporated on 7/11/85 and registered as a charity on 10/2/1986.

The company was established under a memorandum of association which established the objects and powers of the charitable company and is governed under its articles of association.

All trustees give their time voluntarily and receive no benefits from the charity. Any expenses reclaimed from the charity are set out in note 7 to the accounts.

In the year immediately following this reporting period Bipolar UK became VAT registered.



I have had several individual support telephone calls. The person I spoke to is lovely to talk to and very supportive.

I was in a very low place when we first had a chat but over several calls their positive attitude seems to have rubbed off - I was motivated to make changes towards a healthier diet and more exercise as well as meditation.

I am now feeling much better and in a much more balanced frame of mind.

I am very grateful to Bipolar UK for having such a good service. The support has been outstanding.

(feedback from Peer support groups 2023)



Statement of responsibilities of the trustees

The trustees (who are also directors of Bipolar UK Ltd for the purposes of company law) are responsible for preparing the trustees' annual report including the strategic report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and group and of the incoming resources and application of resources, including the income and expenditure, of the charitable company or group for that period. In preparing these financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently
- Observe the methods and principles in the Charities SORP
- Make judgements and estimates that are reasonable and prudent
- State whether applicable UK Accounting Standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy the financial position of the charitable company at any time and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the trustees are aware there is no relevant audit information of which the charitable company's auditor is unaware:

- The trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information.
- The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.
- Members of the charity guarantee to contribute an amount not exceeding £1 to the assets of the charity in the event of winding up. The total number of such guarantees at 31 March 2023 was 12 (2022 12). The trustees are members of the charity but this entitles them only to voting rights. The trustees have no beneficial interest in the charity.

Auditor

Sayer Vincent LLP was re-appointed as the charitable company's auditor during the year and has expressed its willingness to continue in that capacity.

The directors' annual report has been prepared in accordance with the special provisions applicable to companies subject to the small companies' regime.

The trustees' annual report which includes the strategic report has been approved by the trustees.

Guy Paisner
Chair of Trustees

Date: 9 December 2023

Independent auditor's report to the members of Bipolar UK Ltd



Opinion

We have audited the financial statements of Bipolar UK Ltd (the 'charitable company') for the year ended 31 March 2023 which comprise the statement of financial activities, balance sheet, statement of cash flows and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including FRS 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- Give a true and fair view of the state of the charitable company's affairs as at 31 March 2023 and of its incoming resources and application of resources, including its income and expenditure for the year then ended
- Have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice
- Have been prepared in accordance with the requirements of the Companies Act 2006

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually

or collectively, may cast significant doubt on Bipolar UK's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other Information

The other information comprises the information included in the trustees' annual report, other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- The information given in the trustees' annual report, for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- The trustees' annual report, has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the trustees' annual report. We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- Adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- The financial statements are not in agreement with the accounting records and returns; or
- Certain disclosures of trustees' remuneration specified by law are not made; or
- We have not received all the information and explanations we require for our audit; or
- The directors were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the trustees' annual report and from the requirement to prepare a strategic report.

Responsibilities of trustees

As explained more fully in the statement of trustees' responsibilities set out in the trustees' annual report, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.



Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud are set out below.

Capability of the audit in detecting irregularities

In identifying and assessing risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, our procedures included the following:

- We enquired of management, which included obtaining and reviewing supporting documentation, concerning the charity's policies and procedures relating to:
 - Identifying, evaluating, and complying with laws and regulations and whether they were aware of any instances of non-compliance;
 - Detecting and responding to the risks of fraud and whether they have knowledge of any actual, suspected, or alleged fraud;
 - The internal controls established to mitigate risks related to fraud or non-compliance with laws and regulations.
- We inspected the minutes of meetings of those charged with governance.

- We obtained an understanding of the legal and regulatory framework that the charity operates in, focusing on those laws and regulations that had a material effect on the financial statements or that had a fundamental effect on the operations of the charity from our professional and sector experience.
- We communicated applicable laws and regulations throughout the audit team and remained alert to any indications of non-compliance throughout the audit.
- We reviewed any reports made to regulators.
- We reviewed the financial statement disclosures and tested these to supporting documentation to assess compliance with applicable laws and regulations.
- We performed analytical procedures to identify any unusual or unexpected relationships that may indicate risks of material misstatement due to fraud.
- In addressing the risk of fraud through management override of controls, we tested the appropriateness of journal entries and other adjustments, assessed whether the judgements made in making accounting estimates are indicative of a potential bias and tested significant transactions that are unusual or those outside the normal course of business.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

A further description of our responsibilities is available on the Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

Use of our report

This report is made solely to the charitable company's members as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Sayer Vincent LLP

Fleur Holden (Senior Statutory Auditor)

for and on behalf of Sayer Vincent LLP, Statutory Auditor
Invicta House,
108-114 Golden Lane,
LONDON, EC1Y 0TL

Date: 13 December 2023

Statement of financial activities.

For the year ended
31 March 2023.

(including income &
expenditure)

All of the results are derived from continuing activities. There were no other recognised gains or losses other than those stated above. Movements in funds are disclosed in Note 18a to the financial statements

	Notes	Unrestricted £	Restricted £	2023 Total £	Restated Unrestricted £	Restricted £	Restated Total 2022 £
INCOME FROM:							
Donations and legacies	2	1,041,466	21,190	1,062,655	743,592	-	743,592
Charitable activities							
Peer Support Services (Covid-19 Response)	3	-	-	-	-	253,951	253,951
Peer Support Services	3	-	5,094	5,094	-	-	-
Peer Support Groups	3	-	192,274	192,274	-	-	-
The eCommunity	3	-	-	-	-	1,000	1,000
Commissioned Services	3	37,450	-	37,450	2,003	-	2,003
Communications Policy & Research	3	-	22,947	22,947	-	175,000	175,000
Investments	4	23,145	-	23,145	88	-	88
Total income		1,102,061	241,504	1,343,565	745,683	429,951	1,175,634
EXPENDITURE ON:							
Raising funds	5	329,188	-	329,188	248,789	-	248,789
Charitable activities							
Peer Support Groups	5	89,452	186,927	276,380	-	127,883	127,883
Peer Support Services (Covid-19 Response)	5	187	14,435	14,622	-	122,523	122,523
Peer Support Service	5	21	1,590	1,611	-	-	-
Phone & Email Support	5	151,089	-	151,089	2,831	94,853	97,684
Bipolar Commission	5	17,873	-	17,873	-	-	-
The eCommunity	5	89,751	-	89,751	59,900	58,523	118,423
Employment Support	5	15,393	-	15,393	5,620	-	5,620
Communications Policy & Research	5	215,833	125,163	340,995	138,257	32,926	171,183
Total expenditure	5	908,786	328,115	1,236,900	455,397	436,708	892,105
Net income / (expenditure) before net gains / (losses) on investments		193,275	(86,611)	106,665	290,286	(6,757)	283,529
Net gains / (losses) on investments		(55,603)	-	(55,603)	3,684	-	3,684
Net income / (expenditure) for the year	6	137,672	(86,611)	51,062	293,970	(6,757)	287,213
Reconciliation of funds:							
Total funds brought forward		1,059,474	177,623	1,237,097	765,504	184,380	949,884
Total funds carried forward		1,197,146	91,012	1,288,159	1,059,474	177,623	1,237,097

Balance sheet

At 31 March 2023.

COMPANY NUMBER 1955570

Approved by the trustees on
9th December 2023
and signed on their behalf by



Guy Paisner
Chair of Trustees

	Notes	£	2023 £	Restated £	Restated 2022 £
FIXED ASSETS:					
Tangible assets	11		24,952		9,054
Intangible assets	12		4,076		28,422
Investments	13		548,081		593,684
			577,108		631,160
CURRENT ASSETS:					
Debtors	14	59,748		103,778	
Short term deposits		150,601		-	
Cash at bank and in hand		679,228		620,108	
		889,577		723,886	
Liabilities:					
Creditors: amounts falling due within one year	15	(178,526)		(117,949)	
Net current assets			711,050		605,937
Total net assets			1,288,159		1,237,097
THE FUNDS OF THE CHARITY:					
Restricted income funds	17a		91,012		177,623
Unrestricted income funds:					
Designated funds			490,124	507,997	
General funds			707,022	551,477	
Total unrestricted funds			1,197,146		1,059,474
Total charity funds			1,288,159		1,237,097

Statement of cash flows

For the year ended
31 March 2023.

	2023		2022	
	£	£	£	£
CASH FLOWS FROM OPERATING ACTIVITIES			Restated	Restated
Net income for the reporting period (as per the statement of financial activities)	51,062		287,213	
Depreciation charges	29,573		15,275	
(Gains)/losses on investments	55,603		(3,684)	
Dividends, interest from investments	(23,145)		(88)	
(Profit)/loss on the disposal of fixed assets	5,289		-	
(Increase)/decrease in debtors	44,030		(40,508)	
Increase/(decrease) in creditors	60,577		(72,775)	
Net cash provided by operating activities		222,989		185,433
CASH FLOWS FROM INVESTING ACTIVITIES:				
Dividends, interest and rents from investments	23,145		88	
Purchase of fixed assets	(26,413)		(13,260)	
Purchase of investments	(10,000)		(590,000)	
Net cash (used in) investing activities		(163,869)		(603,172)
Change in cash and cash equivalents in the year		59,120		(417,739)
Cash and cash equivalents at the beginning of the year		620,108		1,037,847
Cash and cash equivalents at the end of the year		679,228		620,108
ANALYSIS OF CASH AND CASH EQUIVALENTS AND OF NET DEBT				
	At 1 April 2022	Cash flows	Other non-cash changes	At 31 March 2023
	£	£	£	£
Cash at bank and in hand	620,108	59,120	-	679,228
Total cash and cash equivalents	620,108	59,120	-	679,228

Notes to the financial statements

1. Accounting Policies

a) Statutory information

Bipolar UK Limited is a charitable company limited by guarantee, incorporated in England and Wales on 7 November 1985.

Bipolar UK is an unincorporated charity registered on 10 February 1986 with the Charity Commission for England and Wales (charity number 293340)

The registered office address and the principal place of business is :
32 Cubitt Street London WC1X 0LR.

b) Basis of preparation

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

Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy or note.

In applying the financial reporting framework, the trustees have made a number of subjective judgements, for example in respect of significant accounting estimates. Estimates and judgements are continually evaluated and are based on historical experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances. The nature of the estimation means the actual outcomes could differ from those estimates. Any significant estimates and judgements affecting these financial statements are detailed within the relevant accounting policy below.

c) Public benefit entity

The charity meets the definition of a public benefit entity under FRS 102.

The trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next reporting period.

d) Going concern

As a result of reviews carried out by the Trustees at Finance and Board meetings together with regular review of the risk register, they consider that there are no material uncertainties regarding the charitable company's ability to continue as a going concern in the foreseeable future. The financial statements have, therefore, been prepared on this basis.

e) Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the income have been met, it is probable that the income will be received and that the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

For legacies, entitlement is taken as the earlier of the date on which either: the charity is aware that probate has been granted, the estate has been finalised and notification has been made by the executor(s) to the charity that a distribution will be made, or when a distribution is received from the estate. Receipt of a legacy, in whole or in part, is only considered probable when the amount can be measured reliably and the charity has been notified of the executor's intention to make a distribution. Where legacies have been notified to the charity, or the charity is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

Income received in advance of the provision of a specified service is deferred until the criteria for income recognition are met.

f) Donations of gifts, services and facilities

Donated professional services and donated facilities are recognised as income when the charity has control over the item or received the service, any conditions associated with the donation have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), volunteer time is not recognised so refer to the trustees' annual report for more information about their contribution.

On receipt, donated gifts, professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

g) Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

h) Fund accounting

Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets these criteria is charged to the fund.

Unrestricted funds are donations and other incoming resources received or generated for the charitable purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular purposes.

i) Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

- Costs of raising funds relate to costs incurred in encouraging people and organisations to support financially the charity's work. This includes the costs of advertising, publicity and the staging of fundraising events.
- Expenditure on charitable activities includes the costs of delivering services, including staff costs, directly attributable to each activity. Where the costs cannot be directly attributed they have been allocated to activities on a cost-incurred basis
- Support and Governance costs have been allocated to each activity based on staff numbers employed in that activity (or on time spent on that activity)
- Other expenditure represents those items not falling into any other heading

Notes to the financial statements

Accounting Policies (continued)

Governance costs are the costs associated with the governance arrangements of the charity. These costs are associated with constitutional and statutory requirements and include any costs associated with the strategic management of the charity's activities

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

j) Operating leases

Rental charges are charged on a straight line basis over the term of the lease.

k) Tangible fixed assets

Items of equipment are capitalised where the purchase price exceeds £1,000. Depreciation costs are allocated to activities on the basis of the use of the related assets in those activities. Assets are reviewed for impairment if circumstances indicate their carrying value may exceed their net realisable value and value in use.

Where fixed assets have been revalued, any excess between the revalued amount and the historic cost of the asset will be shown as a revaluation reserve in the balance sheet.

Depreciation is provided at rates calculated to write down the cost of each asset to its estimated residual value over its expected useful life. The depreciation rates in use are as follows:

- Computer and office equipment - Straight line basis over 3- 5 years

l) Intangible fixed assets

Intangible fixed assets are measured initially at their purchase cost. Assets under £1,000 are written off to the Statement of Financial Affairs. Amortisation is provided at rates calculated to write off the cost less estimated residual value of each asset over the expected useful life as follows:

- Computer software - Straight line basis over 3- 5 years

m) Listed investments

Investments are a form of basic financial instrument and are initially recognised at their transaction value and subsequently measured at their fair value as at the balance sheet date using the closing

quoted market price. Any change in fair value will be recognised in the statement of financial activities. Investment gains and losses, whether realised or unrealised, are combined and shown in the heading "Net gains/(losses) on investments" in the statement of financial activities. The charity does not acquire put options, derivatives or other complex financial instruments.

n) Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

o) Short term deposits

Short term deposits includes cash balances that are invested in accounts with a maturity date of between 3 and 12 months.

p) Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

q) Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

r) Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

s) Pensions

Contributions were paid on behalf of employees into their personal pension schemes and are charged to the Statement of Financial Activities in the year in which they become payable. No further liabilities accrue to the charity other than these payments.

2. Income from donations and legacies

	Unrestricted £	Restricted £	2023 Total £	Restated Unrestricted £	Restricted £	Restated 2022 Total £
Grants	174,803	-	174,803	297,087	-	297,087
Donations	851,662	21,190	872,851	279,938	-	279,938
Legacies	15,001	-	15,001	162,610	-	162,610
Donated services	-	-	-	3,957	-	3,957
	1,041,466	21,190	1,062,655	743,592	-	743,592

Since the year end we have received legacy payments of £344,148 (2022: £58,337), which were not measurable at the year end.

Donated services relate to website support services provided by the Access Group during the year at a discounted price.

3. Income from charitable activities

	Unrestricted £	Restricted £	2023 Total £	Restated Unrestricted £	Restricted £	2022 Total £
PEER SUPPORT SERVICES (COVID 19 RESPONSE)						
Wales National Lottery	-	-	-	-	24,314	24,314
Crowdfunder Ltd	-	-	-	-	10,998	10,998
Eveson Charitable Trust	-	-	-	-	5,013	5,013
The Alice Ellen Cooper Dean Found.	-	-	-	-	5,000	5,000
DHSC - Suicide Grant	-	-	-	-	158,025	158,025
Haberdashers Benevolent Foundation	-	-	-	-	5,000	5,000
The Sussex Community Foundation	-	-	-	-	5,000	5,000
Leicestershire County Council	-	-	-	-	5,000	5,000
The February Foundation	-	-	-	-	4,798	4,798
The Zochonis Charitable Trust	-	-	-	-	4,000	4,000
Other Grants less than £4,000	-	-	-	-	26,803	26,803
Sub-total for Peer Support Services (Covid 19 response)	-	-	-	-	253,951	253,951

3. Income from charitable activities (continued)

	Unrestricted £	Restricted £	2023 Total £	Restated Unrestricted £	Restricted £	2022 Total £
PEER SUPPORT SERVICES						
Small grants	-	5,094	5,094	-	-	-
Sub-total for Peer Support Services	-	5,094	5,094	-	-	-
PEER SUPPORT GROUPS						
Big Lottery	-	129,568	129,568	-	-	-
Enterprise Development Fund	-	17,345	17,345	-	-	-
Moondance Foundation	-	20,000	20,000	-	-	-
Sir James Knott	-	10,000	10,000	-	-	-
Other Grants less than £4,000	-	15,361	15,361	-	-	-
Sub-total for Peer support groups	-	192,274	192,274	-	-	-
THE ECOMMUNITY						
Small grants	-	-	-	-	1,000	1,000
Sub-total for The eCommunity	-	-	-	-	-	-
COMMISSIONED SERVICES						
AFMH Bipolar	-	-	-	1,500	-	1,500
Kick Start	-	-	-	500	-	500
Kings College London	6,000	-	6,000	-	-	-
Natwest Bank	-	-	-	3	-	-
NHS South West London	10,000	-	10,000	-	-	-
Rotherham CCG	7,500	-	7,500	-	-	-
Other Grants less than £4,000	13,950	-	13,950	-	-	-
Sub-total for Commissioned Services	37,540	-	37,450	2,003	-	2,003

3. Income from charitable activities (continued)

	Unrestricted £	Restricted £	2023 Total £	Restated Unrestricted £	Restricted £	2022 Total £
COMMUNICATION POLICY & RESEARCH						
The Access Foundation	-	-	-	-	50,000	50,000
Porticus Foundation	-	-	-	-	90,000	90,000
Hypatia Foundation	-	10,000	10,000	-	35,000	35,000
Torbay and South Devon NHS Foundation Trust	-	9,789	9,789	-	-	-
Other grants	-	3,158	3,158	-	-	-
Sub-total for Communication Policy & Research	-	22,947	22,947	-	175,000	175,000
TOTAL INCOME FROM CHARITABLE ACTIVITIES	37,450	220,315	257,765	2,003	429,951	431,954

4. Income from investments

	Unrestricted £	Restricted £	2023 Total £	Unrestricted £	Restricted £	2022 Total £
INVESTMENT INCOME						
Investment income	23,145	-	23,145	88	-	88
Sub-total for Investment Income	23,145	-	23,145	88	-	88

5a. Analysis of expenditure (current year)

CHARITABLE ACTIVITIES													
	Raising funds	Phone & Email Support	Peer Support Services	Peer Support Services (Covid-19 response)	Peer Support Groups	The e-Community	Employment Support	Bipolar Commission	Comms, Policy & Research	Governance costs	Support costs	2023 Total	2022 Total
	£	£	£	£	£	£	£	£	£	£	£	£	£
Staff costs (Note 7)	191,261	108,203	1,324	12,017	170,986	62,448	11,259	-	149,295	21,929	91,383	820,105	583,902
Depreciation and amortisation	8,705	8,219	-	-	8,478	-	-	-	159	-	9,300	34,862	15,275
Other Costs including Office Costs	15,685	3,252	-	-	15,355	1,928	335	-	87,518	717	50,775	175,565	60,802
Fundraising Consultancy	45,032	-	-	-	-	-	-	-	-	-	-	45,032	76,317
IT Support Costs & Website	9,855	4,480	-	-	21,367	9,385	1,056	-	29,051	531	7,533	83,257	78,186
Audit Fees	-	-	-	-	-	-	-	-	-	14,000	-	14,000	22,200
Support Group Meeting facilities	-	-	-	-	10,636	-	-	-	-	-	-	10,636	5,932
Office Rent and Insurance	-	-	-	-	-	-	-	-	-	-	24,205	24,205	13,705
Bipolar Commission	-	-	-	-	-	-	-	14,689	-	-	-	14,689	34,464
Publications and Communications	-	15	-	-	316	-	-	-	14,219	-	-	14,550	1,322
	270,538	124,170	1,324	12,017	227,138	73,760	12,650	14,689	280,242	37,177	183,197	1,236,900	892,105
Support costs	48,756	22,378	239	2,166	40,934	13,293	2,280	2,647	50,505	-	(183,197)	-	-
Governance costs	9,894	4,541	48	439	8,307	2,698	463	537	10,249	(37,177)	-	-	-
Total expenditure 2023	329,188	151,089	1,611	14,622	276,380	89,751	15,393	17,873	340,995	-	-	1,236,900	-
Total expenditure 2022	248,789	97,684	122,523	-	127,883	118,423	5,620	-	171,183	-	-	-	892,105

5b. Analysis of expenditure (prior year)

CHARITABLE ACTIVITIES										
	Raising funds	Phone & Email Support	Peer Support Services	Peer Support Groups	The e-Community	Employment Support	Comms, Policy & Research	Governance costs	Support costs	2022 Total
	£	£	£	£	£	£	£	£	£	£
Staff costs	136,152	61,781	67,608	72,968	82,463	5,620	75,274	12,807	69,229	583,902
Depreciation and amortisation	3,558	829	1,593	1,593	465	-	3,881	66	3,290	15,275
Other Costs incl Office	11,604	7,506	11,636	11,835	2,743	-	13,949	828	701	60,802
Fundraising Consultancy	76,058	-	-	-	-	-	259	-	-	76,317
IT Support Costs & Website	21,295	4,428	11,784	11,784	4,169	-	17,469	-	7,257	78,186
Audit Fees	-	-	-	-	-	-	-	22,200	-	22,200
Support Group Meeting facilities	-	-	2,966	2,966	-	-	-	-	-	5,932
Office Rent and Insurance	-	-	-	-	-	-	-	-	13,705	13,705
Bipolar Commission	-	-	-	-	-	-	34,464	-	-	34,464
Publications and Communications	122	-	-	-	-	-	1,200	-	-	1,322
	248,789	74,544	95,587	101,146	89,840	5,620	146,496	35,901	94,182	892,105
Support costs	-	17,637	19,774	19,508	19,952	-	17,311	-	(94,182)	-
Governance costs	-	5,503	7,162	7,229	8,631	-	7,376	(35,901)	-	-
Total expenditure 2022	248,789	97,684	122,523	127,883	118,423	5,620	171,183	-	-	892,105

6. Net income / (expenditure) for the year

This is stated after charging / (crediting):

	2023 £	2022 £
Depreciation of tangible fixed assets (Note 11)	10,515	3,017
Amortisation of intangible assets (Note12)	24,346	12,258
OPERATING LEASE RENTALS PAYABLE:		
Property	20,236	9,929
Other	-	12,504
AUDITOR'S REMUNERATION (EXCLUDING VAT):		
Audit	11,000	9,000
Under accrual from prior year	3,000	2,400

7. Analysis of staff costs, trustee remuneration and expenses, and the cost of key management personnel

Staff costs were as follows:

Staff Costs	2023 £	2022 £
Salaries and wages	721,239	503,803
Social security costs	67,767	42,402
Employer's contribution to defined contribution pension schemes	31,099	19,414
Agency/Contractors	-	18,284
Total	820,105	583,903

There are no termination payments included in salaries and wages above for 2023 (2022: Nil)

The following number of employees received annual remuneration during the year between:

	2023	2022
£60,000 - £69,999	1	1

The total employee benefits (including pension contributions and employer's national insurance) of the key management personnel were £429,952 (2022: £135,485).

Key management personnel consist of 10 employees (2022: 3)

The charity trustees were neither paid nor received any other benefits from employment with the charity in the year (2022: £nil). No charity trustee received payment for professional or other services supplied to the charity (2022 £nil).

One of the Trustees was reimbursement for Travel costs of £339 in 2023 (2022: Nil)

8. Staff numbers

The average number of employees (headcount based on number of staff employed) during the year was 23.42 (2022: 17).

Staff are split across the activities of the charity as follows	2023 No.	2022 No.
Charity Management & Admin	2.26	2.0
Peer Support Groups	6.36	4.0
Phone & Email Support	3.04	4.0
eCommunity	2.63	2.0
Fundraising	4.90	3.0
Employment Support	0.58	1.0
Communications, Research Policy	3.65	1.0
Total headcount	23.42	17.0

9. Related party transactions

Aggregate donations from related parties were £430 (2022: £10,430)

The following Trustees made unrestricted donations to the charity during the financial year: Mr Robert Print £120 (2022, £300); Mr Jeremy Clark £260 (2022, £120), Derrick Dale £50 and Ms Melissa Barnett NIL (2022, £10).

10. Taxation

The charity is exempt from corporation tax as all its income is charitable and is applied for charitable purposes.

11. Tangible fixed assets

Cost	Computer & office equipment £
At the start of the year	107,378
Additions	26,413
- Disposals	(96,083)
At the end of the year	37,708
DEPRECIATION	
At the start of the year	98,324
Charge for the year	5,226
- Disposals	(90,794)
At the end of the year	12,756
NET BOOK VALUE	
At the end of the year	24,952
At the start of the year	9,054

All of the above assets are used for charitable purposes.

12. Intangible fixed assets

Cost	Computer & software £
At the start of the year	73,039
Additions in year	-
At the end of the year	73,039
AMORTISATION	
At the start of the year	44,617
Charge for the year	24,346
At the end of the year	68,963
NET BOOK VALUE	
At the end of the year	4,076
At the start of the year	28,422

All of the above assets are used for charitable purposes.

13. Listed investments

	2023 £	2022 £
Fair value at the start of the year	593,684	-
Additions at cost	10,000	590,000
Net gain / (loss) on change in fair value	(55,603)	3,684
Fair value at the end of the year	548,081	593,684
INVESTMENTS COMPRISE:		
UK Common investment funds	548,081	593,684
	548,081	593,684

14. Debtors

	2023 £	Restated 2022 £
Trade debtors	11,950	29,908
Prepayments/ Accrued Income	47,798	73,870
	59,748	103,778

15. Creditors: amounts falling due within one year

	2023 £	2022 £
Trade creditors	25,877	13,788
Taxation and social security	20,699	16,160
Accruals	44,213	66,501
Deferred income note 16	87,737	21,500
	178,526	117,949

16. Deferred income

Deferred income comprises

	2023 £	2022 £
Balance at the beginning of the year	21,500	123,334
Amount released to income in the year	(21,500)	(123,334)
Amount deferred in the year	87,737	21,500
Balance at the end of the year	87,737	21,500

Deferred income at the end of the financial year, and prior year represents a grant received from the Rotherham Clinical Commissioning Group for the setup of a peer support group in Rotherham together with delivering four self-management courses and the evaluation of these courses over a three year period. For March 2023 there is an additional £55,000 from the Stone Family Trust which was received on the 31st March 2023. Along with smaller grants received, which have been deferred into 2023-24.

17a. Analysis of net assets between funds (current year)

	General unrestricted £	Designated £	Restricted £	Total funds £
Tangible/Intangible fixed assets	29,027	-	-	29,027
Investments	65,954	482,127	-	548,081
Net current assets	612,041	7,997	91,012	711,050
Net assets at 31 March 2023	707,022	490,124	91,012	1,288,159

17b. Analysis of net assets between funds (prior year)

	General unrestricted £	Designated £	Restricted £	Total funds £
Tangible/Intangible fixed assets	37,476	-	-	37,476
Investments	93,684	500,000	-	593,684
Net current assets	420,317	7,997	177,623	605,937
Net assets at 31 March 2022	551,477	507,997	177,623	1,237,097

18a. Movements in funds (current year)

	At 1 April 2022 £	Income & gains £	Expenditure & losses £	Transfers £	At 31 March 2023 £
RESTRICTED FUNDS:					
Peer Support Service	-	5,094	(1,590)	-	3,504
Peer Support Services (Covid 19 Response)	14,435	-	(14,435)	-	-
Peer Support Groups	21,114	193,464	(186,927)	-	27,651
Communications Policy & Research	142,074	42,947	(125,163)	-	59,858
Total restricted funds	177,623	241,504	(328,115)	-	91,012
UNRESTRICTED FUNDS:					
Designated funds:					
Bipolar Commission	500,000	-	(17,873)	-	482,127
Self Help Groups	7,997	-	-	-	7,997
Total designated funds	507,997	-	(17,873)	-	490,124
General funds	551,477	1,102,061	(946,516)	-	707,022
Total unrestricted funds	1,059,474	1,102,061	(964,389)	-	1,197,146
Total funds	1,237,097	1,343,565	(1,292,503)	-	1,288,159

18b. Movements in funds (prior year)

	At 1 April 2021 £	Income & gains £	Expenditure & losses £	Transfers £	At 31 March 2022 £
RESTRICTED FUNDS:					
Peer Support Services (Covid 19 Response)	89,481	47,477	(122,523)	-	14,435
Peer Support Groups	90,315	58,682	(127,883)	-	21,114
Phone and Email Support	4,584	90,269	(94,853)	-	-
Employment Support	-	-	-	-	-
The eCommunity	-	58,523	(58,523)	-	-
Employment and Support	-	-	-	-	-
Communications Policy & Research	-	175,000	(32,926)	-	142,074
Total restricted funds	184,380	429,951	(436,708)	-	177,623
UNRESTRICTED FUNDS:					
Designated funds:					
Bipolar Commission	-	-	-	500,000	500,000
Self Help Groups	7,997	-	-	-	7,997
Total designated funds	7,997	-	-	500,000	507,997
General funds	757,507	293,970	-	(500,000)	551,477
Total unrestricted funds	765,504	293,970	-	-	1,059,474
Total funds	949,884	723,921	(436,708)	-	1,237,097

Purposes of restricted funds

Restricted funds represent grants received from donors to be utilised by the charity to deliver specific services to the Bipolar community in accordance with terms stipulated in the individual grant agreements.

Peer Support Services (Covid 19 Response) - During the 2020/21 financial year the charity made large number of Covid-19 response related grant applications not restricted to a particular charitable activity, but to response to covid. As a result, the funds were utilised to fund all charitable activities including related support costs.

Bipolar UK provides face to face peer support and online self-management tools to empower people affected by bipolar to self-manage effectively These can be broken down as follows:

eCommunity – provides a safe space for people affected by bipolar to talk online about the impact of the covid-19 pandemic and exchange self-care tips in a safe moderated environment. The eCommunity has recruited over 13,563 subscribers.

Phone and email Support - employing staff with lived bipolar experience to make one-one calls to people living with the condition with the aim of reducing social isolation during the covid-19 pandemic and signpost to useful information on the charity's website.

Peer Support Groups and Services - Face to face local peer support groups – and virtual groups using Zoom to bring small groups of people affected by bipolar together to provide regular support.

Communications Policy & Research - Delivering on patient and public involvement contracts for universities; maintaining and updating website content, social media including facilitating regular Facebook 'live' sessions, developing e-learning packages, mobile phone mood tracking application and Broadcast and Print media. During 2021/22 particular focus on hosting the Bipolar Commission which included conducting four big patient surveys, compiling evidence on diagnosis, hospital care, medication, physical health, suicide prevention and the impact of bipolar on woman.

Prior Year transfer out of restricted funds - The trustees reconsidered the grant income received by the charity in previous years and concluded that the balance of £13,334 in the Peer Support Services fund at 1 April 2020 had no longer any restrictions. As a result, a transfer out of this fund into general funds was made

Purposes of designated funds:

Bipolar Commission designation is for policy and communication work to advocate for the implementation of the recommendations of the Commission. The charity will be drawing down £100,000 a year in 2023/24, 24/25, 25/26, 26/27 and 27/28.

Self-help group designations are funds held on behalf of the charity by local Peer Support Groups.

19. Operating lease commitments payable as a lessee

The charity's total future minimum lease payments under non-cancellable operating leases is as follows for each of the following periods

	Equipment 2023 £	Equipment 2022 £
Less than one year	20,236	4,168
One to five years	-	-
	20,236	4,168

20. Legal status of the charity

The charity is a registered company limited by guarantee with no share capital. It is registered in England & Wales with registration No. 01955570).

Thank you.

We are only able to provide the life-changing services we do because of the incredible generosity of our donors. Over the last year, people have given generously through commissioned income, Trusts, personal donations and wills.

All contributions are gratefully received. We would though like to say a particular thank you to the following organisations and individuals who have given over £4,000 and have not asked to remain anonymous. Because of you, we have improved the lives of tens of thousands of people affected by bipolar.

Big Lottery England
Coventry and Warwickshire NHS Trust
Crowdfunder Ltd
Dorset Foundation
Dr Clare Dolman
Enterprise Development Fund
Eveson Charitable Trust
Garfield Weston Foundation
Hypatia Foundation
James Weir Foundation
Janet Bogen Charitable Trust
Janssen-Cilag Ltd
John and Fiona Yeomans
Kings College London
Leicestershire County Council
Mary Kinross Charitable Trust
Moondance Foundation
Oxford Health NHS Foundation Trust

Paracletos
Porticus Foundation
Rotherham CCG
Sir James Knott Trust
South West London ICB
Stone Family Foundation
Tamasin Little
The Access Group
The Alice Ellen Cooper Dean Foundation
The Basil Samuel Charitable Trust
The February Foundation
The Macdonald Buchanan Charitable Trust
The Zochonis Charitable Trust
Torbay and South Devon NHS Foundation Trust
Trevor Chinn
Wales National Lottery
William Allen Young Charitable Trust

BIPOLAR UK LTD

England & Wales - Charity number 293340

Accounts



Our community. Our charity.

Report and financial statements
1 April 2021 - 31 March 2022

COMPANY NUMBER 1955570

CHARITY NUMBER 293340



Our mission is to
**empower everyone
affected by bipolar**
to live well and fulfil
their potential.

We will achieve it by
continuing to grow a
community of support
that connects people
through lived
experience.

What is bipolar?



Bipolar is a severe mental illness characterised by extreme mood swings and changes in energy levels. Someone with bipolar can have long or short periods of stability but can then go ‘low’ (into deep depression) or ‘high’ (experiencing hypomania, mania or psychosis).

The condition can affect both males and females of any age, from any social or ethnic background.

There are more than a million people living with bipolar in the UK. Shockingly, it takes an average of 9.5 years to receive a correct diagnosis and it’s estimated that 56% of people with the condition don’t have a diagnosis. This means people are missing out on potentially life-saving treatment and support.

Bipolar can devastate finances, hold people back in the workplace, cause homelessness, affect education and destroy family life and friendships. Heartbreakingly, bipolar increases the risk of suicide by 20 times. And every day at least one person with bipolar takes their own life.

Beyond the individual with a diagnosis, people with bipolar say their condition has had a significant negative impact on an average of five close friends and family members.

But there is hope. The charity is inspired by many individuals who manage the condition well with effective treatment and self-management. Even the most unwell patient who’s had hospital admissions can make a recovery and live a full life.

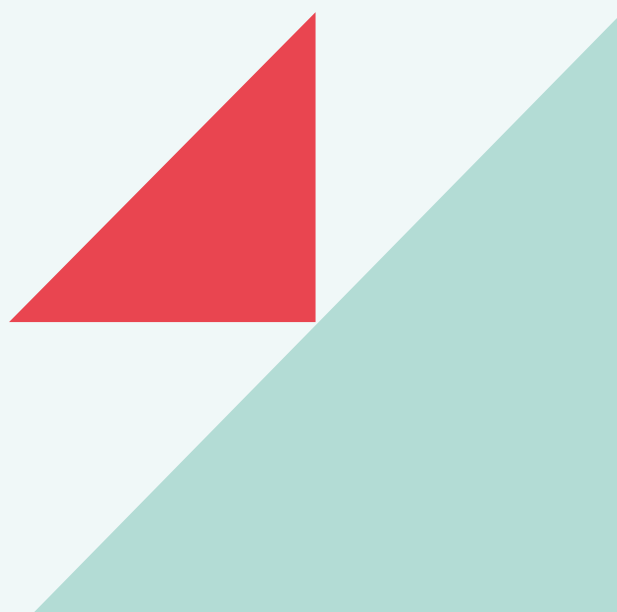


“ I’d been sleeping less, I was extremely productive and I felt really sociable. The only way I can explain it is that my brain felt strange – as though it was fizzing. **CR**

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Reference and Administrative Information



Company number

1955570

Country of incorporation

United Kingdom

Charity number

293340

Country of registration

England & Wales

Registered office and operational address

32 Cubitt Street, London WC1X 0LR

Trustees

Trustees, who are also directors under company law, who served during the year and up to the date of this report were as follows:

Guy Paisner, Chair

Hilary Samson-Barry, Vice Chair

Nadia Silver, Vice Chair

Sarita Dent, Treasurer

Alice Alphandary

Melissa Barnett

Jeremy Clark

Derrick Dale QC

Mohini Morris (resigned August 2021)

Robert Print

Jennifer Trent-Staves (resigned March 2022)

Bill Walden-Jones

Prof Allan Young (resigned June 2022)

Key management personnel

Simon Kitchen, Chief Executive

Rosie Phillips, Deputy Chief Executive

Bankers

CAF Bank
25 Kings Hill Avenue
Kings Hill
West Malling
Kent ME19 4JQ

National Westminster Bank plc

S Market Place
Kingston Upon Thames
Surrey KT1 1JX

Investment Manager

Sarasin & Partners LLP
Juxon House
100 St. Paul's Churchyard
London EC4M 8BU

Solicitors

Carter Bells
Kings' Stone House
12 High Street
Kingston Upon Thames
Surrey KT1 1HD

Auditor

Sayer Vincent LLP
Chartered Accountants and Statutory Auditor
Invicta House
108-114 Golden Lane
London EC1Y 0TL

CEO Message 2021/22

A word from Simon.



Simon Kitchen
Chief Executive Officer
Bipolar UK

2021/2 felt like a pivotal year for our charity. Much of the work of the Bipolar Commission took place in this period and we saw good momentum in our work to scale up the impact we can have for our community, both directly through our services, and in our ability to influence those with the power to improve the lives of people living with bipolar and their loved ones. We also had some real success partnering with organisations who will help us both deliver and fund our services.

In a year when we were emerging from the challenges of the coronavirus pandemic, I think we have much to be proud of, but we know we also have a long way to go to reach our aim of being there for everyone who needs us.

The work of the Bipolar Commission in particular is vital in helping us develop a robust evidence base for our influencing work with policy makers, NHS commissioners and anyone with an interest in helping keep people well. I want to say a huge thank you to everyone who contributed to our waves of research. We got more than 7,000 responses, making this the largest body of data on issues around bipolar for many years.

We learned that the waiting time for diagnosis in the UK is even longer than we had previously thought at an unacceptable 9.5 years, and also that people living with bipolar overwhelmingly welcomed their diagnosis as the first step on their path to living well with the condition.

We also learned just how limited and patchy the support for people with bipolar is across the country and what the lack of specialist services can mean on an individual level for so many.

We launched a full report of the Bipolar Commission research at a parliamentary reception on 8 November 2022. Our aim is for the recommendations to be the start of a national conversation about bipolar which will lead to tangible improvements in the support available.



Trustees' Annual Report

A small charity with big ambition.

Reference and administrative information set out on page 5 forms part of this report. The financial statements comply with current statutory requirements, the memorandum and articles of association, the requirements of a directors' report as required under company law, and the Statement of Recommended Practice - Accounting and Reporting by Charities: SORP applicable to charities preparing their accounts in accordance with FRS 102.

Aims, objectives and activities

The trustees review the aims, objectives and activities of the charity each year. This report looks at what the charity has achieved and the outcomes of its work in the reporting period. The trustees report the success of each key activity and the benefits the charity has brought to the groups of people it is set up to help. The review also helps the trustees ensure the charity's aims, objectives and activities remain focused on its stated purposes.

When reviewing the charity's aims and objectives and in planning its future activities, the trustees have referred to the Charity Commission's general guidance on public benefit. In particular, the trustees considered how planned activities will contribute to the aims and objectives that have been set.

Charitable Objects

Our objectives remain consistent with our founding ethos – to bring people with bipolar together to share their experiences and support each other.

Back in 1982, Sheila Woodland and Philomena Germing, both living with bipolar, made contact through newspaper adverts. They sought others with bipolar so they could share their experiences.

As more people responded, a society was born. The first meeting was held in January 1983 at Church House, Westminster Cathedral. Records show 43 people attended. People, friends and family who were looking to connect and combat the lack of dedicated services for people with bipolar.

We meet our Charitable Objects, to support all individuals affected by bipolar disorder and associated illnesses in any way which is charitable in law, in the following ways:

- Provision of specialist advice services
- Facilitation of peer support services
- Public education activities to increase understanding of bipolar disorder

Where we are now

Today, we are a small charity that supports an ever-growing community. During the reporting period we directly supported hundreds of people to stay well each month – and we have the ambition to reach thousands more. If we include the support we provide indirectly via our website, eCommunity and social media platforms, this figure rises significantly (see pages 10-13 for a breakdown of support by service area).

Peer support is at the core of our work. Our integrated service consists of:

Peer support groups for people affected by bipolar, facilitated by trained and supported volunteers

A moderated eCommunity that's open 24/7 365 days a year

One-to-one peer support via telephone and email

Our work to reopen groups following the pandemic continues and, at the time of writing, there are 32 groups meeting in person again. However the lockdowns taught us a great deal about the power and reach of our digital services. We recognise that for some people online Peer Support groups via Zoom are proving to be an adequate, if not preferable, alternative to in-person meetings.

What is vital is that people can access the support that they need, and so we will remain flexible to the needs of our community as we scale back up to pre-pandemic levels and beyond.

Through the work of the Bipolar Commission, the charity also aims to act as the voice of our community to change public attitudes and build a society that enables people affected by bipolar to live well and fulfil their potential.

This is only possible thanks to the enormous commitment of our small team of staff, our amazing volunteers and our dedicated supporters.



“

I get so much from speaking to someone who just gets it. You offer something the doctors don't, and you offer so much so thank you. **SN**

Review of achievements

Lockdown learnings



Data from surveys that our community completed during the periods of lockdown reinforced what we were hearing on the telephone and via our eCommunity: that the Covid-19 pandemic was a particularly tough time for many people with bipolar.

We were able to access support from newly created government funds for organisations like ours, responding to the pandemic and were able to increase the provision of staff in our call-back service in particular. This one-to-one support was highly valued during this period, and we were pleased to be able to mobilise this extra staff resource to make more calls to people.

eCommunity

Many people affected by bipolar reported that being a part of our community was extremely helpful, and the eCommunity grew in terms of members, posts and conversations. Having this as a safe online space which is open 24/7, 365 days a year, means that people always have somewhere to go if they want to talk to others in similar circumstances.

Currently the eCommunity is moderated from 8am to 8pm, 365 days a year. Our aim, with future funding, is for it to be moderated 24/7, 365 days a year.

Peer support groups

We recognise that digital channels are a way for us to reach greater numbers of people and provide greater flexibility for those accessing online services. For some people online Peer Support groups may now be a preferred option to our traditional in-person service, and we are committed to taking the learning from the lockdown period to offer greater choice.

We also recognise that, for some of our community, being in a room with others is very important and has specific benefits that can't be recreated via Zoom, such as making deeper connections and getting out of the house to help prevent isolation and feelings of loneliness.

**1,500 people
joined our 'Live
Well with Bipolar'
conference**

Annual conference

Another learning from lockdown was the success of the 2021 virtual annual conference. Having no option to offer an in-person conference meant we switched to an online platform, which gave us an understanding of the additional reach the online option provided – both in terms of numbers and geographically.

On World Bipolar Day 30 March 2022, 3,111 signed up for and more than 1,500 people joined our 'Live Well With Bipolar' conference. They heard from a range of experts by experience, clinicians and academics. A good proportion of the audience were engaging with the charity for the first time. Around one-third of the delegates were from overseas, meaning that we were getting the messages about living well with bipolar to audiences that were unlikely to have heard them had we had an in-person conference.

We were delighted to welcome American clinical psychologist and writer, Kay Redfield Jamison who participated in a Q&A, we shared early results from the Bipolar Commission's research, and we hosted practical sessions for those with bipolar from different backgrounds (men, women, LGBTQ+, minoritized communities).

“ The forum has helped me a lot, and the moderators are a key part of that, they're very helpful, friendly, and made me feel very welcome.

The year in numbers



The charity's main activities and who it tries to help are described below. All its charitable activities focus on supporting all individuals affected by bipolar disorder and associated illnesses and are undertaken to further Bipolar UK Ltd's charitable purposes for the public benefit.

Peer Support Services

Bipolar UK provides a range of peer support services for people affected by bipolar. This includes people living with bipolar and their friends and family. These services bring people with bipolar together to empower each other to live well: exchanging self-care advice and providing mutual support in implementing the sometimes difficult lifestyle changes that are necessary to live well and reduce the risk of suicide.

This peer support is delivered through support groups, via telephone and email and online with an eCommunity. These are delivered as an integrated service with many clients using multiple services at different times. They are usually funded as an integrated service at a national and local level though some funders like to boost activities in different formats.

Peer Support Groups

We began to meet in person again after the last of the lockdown periods, although some people valued the convenience of meeting online and we plan to run a blended service of Zoom meetings and in-person meetings, informed by our community's needs and preferences.

In the reporting period between April 2021 and March 2022, we held an average of 47 Peer Support groups per month throughout England, Wales and Northern Ireland. These included local peer support groups both in person and online, and our themed support groups specifically for women, young people and 'work and learning' following on from our successful introduction of these in the previous year.

We added a further 14 groups between April 2022 and August 2022, bringing the total to 61. From September 2022 we also introduced 2 new monthly online peer support groups - one for 'friends and family' and one for people anywhere in the UK who don't live near a local group.

The overall attendance at Peer Support groups dropped to just below 1,500 compared to just below 2,000 in 2020/21. We have found that, having been obliged to pause their attendance at meetings at the start of the pandemic some members have not yet returned, either online or at the in-person meetings we have reopened. We have also seen a big shift to other services delivered online, so it may be that people are getting support that way. It is important that we can be there for as many people as possible, in whichever way suits them best, but we also remain convinced of the power of conversation in maintaining balance, so we will keep a close eye on this potential movement between services in the coming year.

We continue to actively recruit and train volunteer co-facilitators to help us manage the Peer Support group meetings and have added 24 to our number in the year. This still leaves us some way short of our pre-pandemic level of 200 co-facilitators, and we continue to explore a range of recruitment channels as we plan to recruit more

Peer Telephone Call-back and Email Service

During 2021/22, we delivered more than 8,000 incidents of support, which included responding to almost 3000 calls and emails over the year. We helped thousands of people speak to someone else with lived experience, often for the first time and added 4 volunteers to our service.

Chatbot

Our chatbot, launched in the previous year continues to allow people to book calls and can often signpost people to useful information on our website. With over 700 questions per month responded to, this has proved a useful tool providing information and support.

eCommunity

The eCommunity continued to grow from 8,761 to 11,137 users over the course of the year, with over 1,549,851 pages viewed. Having moderators between 8am and 8pm, 365 days a year, helps to ensure the safety of users and the provision of useful information as appropriate. It is clear that users value the space to talk with others about a wide range of topics and users report lower levels of isolation as a result.

Employment support

Bipolar UK provided webinars, training and one-to-one support to people living with bipolar and their employers to encourage bipolar friendly workplaces. This included advising on reasonable adjustments which employers can make to help employees manage their condition, including 'guilt free' sick days or late starts when staff can feel the early symptoms of an episode, which they need to manage well to ward off a full episode.

Mood Tracker app

Following a soft launch in the summer of 2021, we officially launched the Mood Tracker app at our annual conference on 30 March 2022. At that point, 4602 people had downloaded the app. At the time of writing, just over 10,305 people have downloaded the app.



I've been coming to the support meetings for five years and they keep me afloat. The groups are so supportive because you are among people who live and breathe bipolar. They make me feel I'm not alone in living with this condition. When you're first diagnosed with bipolar these support groups provide you with clarity and understanding about this illness at what was, for me, a very scary time.

Olly (on Peer Support Groups)

I was called as part of your Peer Support Line service, and I want to express my thanks to the person I spoke to. They were brilliant in that they listened and shared their experience with me openly and honestly. In contrast to other services I've accessed, they helped solidify my position of wanting to thrive and achieve with Bipolar (1) rather than be depressed and defined negatively by it.

Anonymous (on Peer Support Line)

Policy, research and communications



Bipolar Commission

During 2021/22 the charity delivered the bulk of its work hosting the Bipolar Commission. This included conducting four big patient surveys building evidence on diagnosis, triggers, hospital care, medication, physical health and suicide prevention.

We also hosted six round tables to collate evidence from world-leading experts and conducted more than 100 interviews with expert witnesses in the UK and abroad to provide qualitative evidence of the impact of poor care and interventions that could overcome them.

Later in the year, we conducted three further surveys: women, the economic impact of bipolar (for both individuals with the condition and their friends and family) and to psychiatrists via the Royal College of Psychiatrists.

Our reports

The early findings of the Bipolar Commission were presented in two interim reports. On 27 October 2021, we launched 'Bipolar Diagnosis Matters' at a parliamentary event which established a diagnosis delay of 9.5 years.

On 30 March 2022, we launched 'Hidden In Plain Sight' at our annual conference which focused on the lived experience of the bipolar community to paint a comprehensive picture of what it's like living with bipolar in the UK today.

The final report 'Bipolar Minds Matter' which included the Bipolar Commission's recommendations was launched at a parliamentary reception on 8 November 2022.

All the Bipolar Commission reports are here:
www.bipolaruk.org/bipolarcommission

Our e-petition

At the time of writing, we have gathered 11,427 signatures on our petition (www.change.org.uk/SpeedUpBipolarDiagnosis), which called on the NHS to speed up diagnosis of bipolar so that people can get targeted help more quickly. This demonstrates the groundswell of support that exists within the community for diagnosis and the vital importance the NHS must place on it.



The findings of the Bipolar Commission have shocked me.

Professor Guy Goodwin

The year in numbers

Key facts

Peer Support Groups



We held on average **47 PEER SUPPORT GROUPS PER MONTH** throughout England, Wales and Northern Ireland

WE ADDED A FURTHER 14 GROUPS between April 2022 and August 2022 bringing the total to **61 PEER SUPPORT GROUPS**

Overall attendance has dropped just below 1500 down from 2000 the previous year. This is due to having to pause meetings due to the pandemic and a shift to other services delivered online



We actively recruit and have added **24 VOLUNTEER CO-FACILITATORS** to help us manage the Peer Support group meetings

Chatbot



We have responded to over **700 QUESTIONS PER MONTH**

Peer Callback and Email Service



We delivered more than **8000 INCIDENTS OF SUPPORT**.



This included responding to almost **3,000 CALLS** and **EMAILS** over the year



We added **4 VOLUNTEERS** to our service

eCommunity



The eCommunity **GREW BY 27% FROM 8,761 TO 11,137 USERS** over the course of the year with over **1,549,851** pages viewed.

Mood Tracker App

 **10,305**

The Mood Tracker App was launched on 30 March 2022. At time of writing, just over **10,305 PEOPLE HAVE DOWNLOADED THE APP**

Our e-Petition

 **11,427**

At the time of writing we have gathered 11,427 signatures in our petition, which called on the NHS to speed up diagnosis of bipolar so that people can get targeted help more quickly.

Bipolar Commission

100 

We hosted **6 ROUND TABLES**, conducted more than **100 INTERVIEWS AND 3 SURVEYS**.

Our reports

3 

WE LAUNCHED 3 REPORTS as part of the Bipolar Commission -

- Bipolar Diagnosis Matters,
- Hidden in Plain Sight,
- Bipolar Minds Matter

Achievements and performance

Our partner The Access Group raised an enormous **£30,949 IN THE REPORTING YEAR AND £448,738 OVERALL** to help us reach more people in the future

Our two-year partnership with Rotary GB & Ireland is targeting a **20% INCREASE IN THE NUMBER OF PEOPLE WE ARE ABLE TO SUPPORT**

Our partnership with **SPECIALIST DEBT ADVICE** provider PayPlan allows us to refer our community members to specialist advisors at no cost to them.

Department of Health and Social Care have given us **£158,025 TOWARDS OUR SUICIDE PREVENTION ACTIVITY**.



£448,738

Our community. Our charity.

Photos taken at the Parliamentary Reception to launch 'Bipolar Minds Matter' on 8 November 2022, which included the Bipolar Commission's recommendations.



Achievements and performance

Increasing our impact for our community.



We have always been a small charity that aspires to punch above its weight in providing support to our community. The last year has seen us make real strides in growing our impact by working in partnership with others who share our vision of people living well with bipolar and achieving their potential.



One such partner is The Access Group who have supported the development of a range of materials and online content, from videos and sub sites, to an eLearning course. Not only that, but they also raised an enormous £30,949 in the reporting year and £448,738 overall to help us reach more people in the future. From sponsored walks to mountain climbs, skydives and much more, we have benefited so much from the technical support and generosity of staff and their networks.

We were also developing our two-year partnership with Rotary GB & Ireland which launched in the Autumn of 2022. We have created an ambitious partnership plan which seeks to harness Rotary's huge network of clubs and members to target a 20% increase in the number of people we are able to support. It is this kind of partnership which will enable us to reach our aim of providing support to all who would benefit from it, and we are delighted to be working with Rotary on rolling out the plan over the next two years.

Similarly, we were delighted to partner with the specialist debt advice provider PayPlan. With excessive spending being a problem common during the hypomanic and manic phases of bipolar, being able to refer our community members to specialist advisors at no cost to them is of real value.

Our ability to access £158,025 from the Department of Health and Social Care (DHSC) towards our suicide prevention activity speaks to our growing profile among commissioners and should give us confidence about our future growth plans and our overall sustainability.

This work, along with the continued generosity of Trusts and Foundations, some who have been steadfast supporters and others who we are delighted chose to partner with us for the first time in 2021/2 has meant that we can face the future with confidence and that we are developing momentum in our mission to support more people.

Our enforced working from home pattern during the pandemic has given way to a hybrid working approach which Trustees and Management believe is working well in terms of our programme delivery. The smaller Kings Cross premises also means that there are cost efficiencies in this arrangement and staff report satisfaction in the work/life balance that hybrid working affords. Our ability to recruit staff, wherever they might live around the country has increased the talent pool considerably, and also allows us to recruit geographically, leading in the future to the sense of a national charity operating in the regions and not just from London.

A tribute to the people who make a difference



Our staff, volunteers and trustees.

None of what you have read – the impactful services and support delivered in such trying times – would be possible without the hard work, dedication and humanity of our staff, volunteers and supporters.



Our volunteers have played a leading role in sustaining and driving the charity and its community. This includes 132 active volunteers who deliver services locally in England, Wales and Northern Ireland.

Indeed, our board itself is made up of 10 volunteer trustees most of whom have a bipolar diagnosis or who are directly affected by bipolar in their family.

These people are at the heart of our charity and our community.



Your telephone support means such a lot to me.

AJ



I'm enjoying the forum, I think it's because they have the best moderators. **ANON**

Financial review.



The budgeted income and expenditure for the financial year was £790,500 and £823,000 respectively. The charity had a stronger financial year due to higher than anticipated income at £1,175,634 primarily because of higher Grant and Legacy income

Expenditure was higher than budgeted at £892,105 due to expansion of its in-person service provision post-covid and investments in enhancing the charity's fundraising, communication, policy and research capability. This has led to a surplus of £293,970 on unrestricted reserves compared to a surplus of £380,988 in 2020/21 and a small deficit on restricted activities of £6,757 compared to a surplus of £44,074 in 2020/21.

Principal risks and uncertainties

The principal risks and uncertainties for the charity are financial sustainability and maintaining the safety of our staff, volunteers, and service users.

In 2017/18 the charity experienced a large financial deficit which required the charity to halve its staff team and expenditure within the financial year to remain an ongoing concern. While the charity was able to rapidly make the necessary changes to remain solvent it has left a determination never to repeat that experience. The charity continues to have a low proportion of its income in multi-year grants and regular donors and is spending more on accessing new income streams which have long lead in times. To that end the charity continues to maintain relatively large reserves and focus on building up its multi-year grants.

Bipolar is a fluctuating condition where people can quickly become acutely unwell. Being unwell for people with bipolar can include hyperactivity and erratic behaviour while manic or suicidal thoughts when depressed. The charity's peer support model depends on staff and volunteers with lived experience who are both supporting vulnerable people and at risk of becoming unwell themselves. The charity therefore operates stringent safeguarding procedures and puts an emphasis on positive mental health within the workplace.

Reserves policy

As of 31 March 2022, the charity held reserves of £1,237,097 (2021: £949,884 as restated) of which £177,623 (2021: £184,380) was restricted and £7,997 held as designated funds (2021: £7,997).

Reserves are held to provide against any future income shortfall, fulfil working capital requirements and allow funds to be available to support service developments within the approved annual budget.

The Board of Trustees aspire to hold 'free reserves' equivalent to six months unrestricted expenditure at any point in time with a minimum of three months held in cash. 'Free reserves' are defined as unrestricted reserves, exclusive of fixed assets, and determined based on average monthly unrestricted expenditure for 12 months ahead.

In determining an appropriate level of free reserves, the Trustees have identified the key risks and uncertainties facing the charity and seek to provide free reserves sufficient to mitigate those risks.

In particular:

- Dependence on voluntary donations and grants for the charity's income and less than 10% of that income committed on a multi-year basis
- The fluctuating value of assets
- Uncertainty of restricted and unrestricted income breakdown during the financial year
- Unexpected liabilities over and above budgeted contingencies
- Fluctuations in timing of cash flows which could result in insufficient funds to pay staff and suppliers
- Events having a major negative reputational impact on the charity
- Time and expense in finding alternative funding or reduction in costs should targets or funding commitments not be met, or other risks materialise

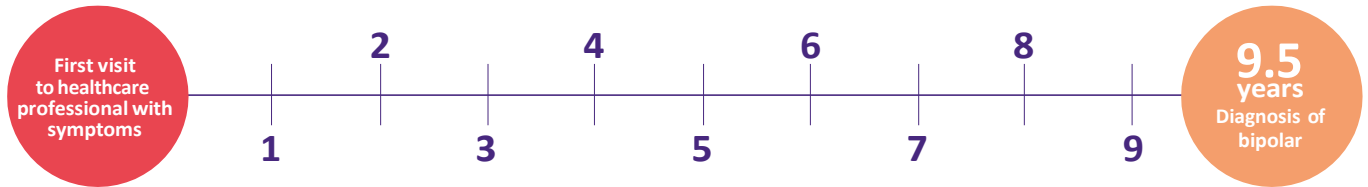
Based on the above assessment and mindful of the need for the charity to be able to sustain its core services, the Trustees have estimated that the level of free reserves required to mitigate against the identifiable risks is between £450,000 and £550,000 which represents 6 months of average unrestricted expenditure for twelve months ahead. Free reserves at the balance sheet date are £551,477 and therefore sufficient to cover the risks the charity is exposed to. The remaining £500,000 of free reserves is being designated by the Trustees for the purposes of implementing the main recommendations detailed in the Bipolar Commission report over the next five years.

Beyond the current financial period the Trustees' long term aim is to ensure continued and appropriate support for individuals affected by bipolar. Should unrestricted reserves exceed the upper limit of twelve months it is the Trustees' intention these funds are invested to generate additional income and promote sustainability of the charity through sustainable service development and enhancements. The Trustees' policy on reserves is subject to an annual review by the Finance Committee and formal approval by the Board.

Going concern

Through Board meetings, Finance Committee's and Risk Register Reviews, the trustees have considered the Charity's activities and finances and consider that there are no material uncertainties regarding the charitable company's ability to continue as a going concern. These financial statements have therefore been prepared on this basis.

It takes an average of 9.5 years for people to get a diagnosis of bipolar



Plans for the future

There are over a million people living with bipolar in the UK. It takes on average 9.5 years to get a diagnosis and 60% of people with bipolar get no dedicated treatment and support for the condition. As a result people with bipolar earn less money, have more debt, are more likely to become homeless and account for at least one in twenty suicides in the UK.

Independent evaluations have shown that Bipolar UK peer support services can play a vital role in empowering people to live well and fulfil their potential. They reduce relapse rates, suicidal thoughts and keep people out of hospital. Bipolar UK also has an important role to play in advocating for better care and treatment and delivering research into the condition and its cure.

Despite our impact, our services only reach a small proportion of people living with bipolar in the UK and a tiny fraction of the global number. The charity is developing an ambitious multi-year plan to improve understanding of the condition, provide a universal peer support service across the UK with 400 groups and a live peer support line. We want to provide the best advice and guidance on living with bipolar and provide a shining light to people affected by bipolar across the world.



“ I struggled from the age of 15 but didn’t get a diagnosis of bipolar type 2 until I was 27. My emotions were either numbed, or I was out on all night benders.

If I’d received a diagnosis earlier, I could have lived the life I wanted, the life my peers were living. JK



It's good to know that 365 days a year I can log on at any time of the night or day and there will always be somebody there who's been through similar experiences and who really gets what it's like living with bipolar. I go there to share my experiences and frustrations. The interaction stops me feeling so alone with my bipolar and gives me a sense of family.

NC explains why the eCommunity is a key element of his support network

Fundraising

Sustainable growth.



Following two successful fundraising years and healthy reserves, the charity has started to think strategically about how it could sustain its growth and achieve its goal of universal peer support for everyone living with bipolar.

The charity has significantly increased its spend on fundraising and communications to ensure its brand and income can match the ambition of its goal. Fundraising and communications are the crucial link between the charity and its community. They enable us to both educate people about the condition and listen to the needs and aspirations of our supporters and donors – most of whom are affected by bipolar themselves.

Fundraising also play an active role in project development and monitoring – with funding applications forming the basis of project plans and funding reports allowing effective evaluation. During 2021/22 the charity developed a number of income streams to complement and diversify from our established grants and trusts funding program. During 2022/23 the charity will continue to grow these areas in line with increasing our profile and income so that the charity can meet its ambitious service goal of universal peer support.

Responsible fundraising

The charity is registered with the Fundraising Regulator and complies with its code of conduct.

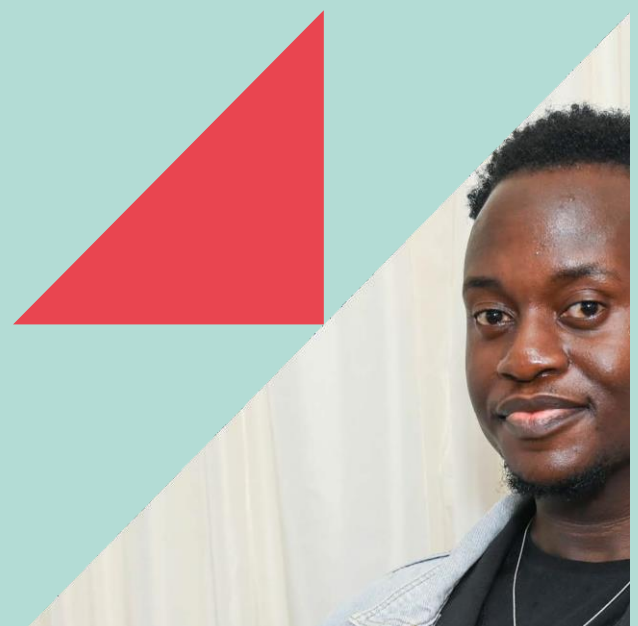
A complaint was received from a member of the public for unsolicited communication. The incidence was reported to the Regulator and the matter was dealt with in accordance with the requirements of the code.

The charity is conscious that people with bipolar may potentially make impulsive donations to the charity when they are unwell. As a result, the source of any large, unexpected donations is checked to ensure the donor had 'capacity' to make the donation. A 'cooling-off' period would be allowed if such circumstances were to arise.

Furthermore the Fundraising and Service modules of the CRM system are completely segregated thus ensuring that potentially vulnerable individuals are not contacted in respect of fundraising appeals.

Areas of funding growth:

- NHS monies being spent in England under the Community Mental Health Framework
- Major donors, with a focus on those affected by bipolar
- Corporate and non-corporate partnerships with organisations that align with our values and goals





Structure, governance and management

How we operate.

The Board of Trustees is legally responsible for the strategic direction of the charity. It meets every three months and is supported by the Finance Committee chaired by our Treasurer, which meets on a quarterly basis between Board meetings.

Recruitment and Appointment of Trustees

Trustees are recruited through a combination of national advertisements and personal introductions to ensure specific skill sets are obtained. During 2021/22 Mohini Morris and Jennifer Trent-Staves stepped down from the board and we thank them for their service.

Trustee induction and training

Trustees receive a comprehensive induction which covers both the responsibilities of the role and the specifics of the charity. All new trustees are required to review and understand the Essential Trustee information on the Charity Commission website and other accompanying documents. They also have access to the latest governance training provided by charity sector bodies such as NCVO.

In getting to know the charity all trustees have a series of in-depth briefing meetings with the Chair, Treasurer and key staff including the CEO and Deputy CEO. Through these they are introduced to the charity's Articles of Association and other governance documents including the Year Plan, Risk Register and Management Accounts. There are also in-person visits to our offices and peer support groups and an online tour of our eCommunity.

Each Board meeting ends with 15-20 minutes of reflection without the staff team. This allows new and old Trustees a safe space to consider their performance in the meeting and provide constructive feedback to colleagues. New Trustees are also assigned a trustee mentor from the existing members of the board who they can have regular contact with between meetings.

All trustees give their time voluntarily and receive no benefits from the charity. Any expenses reclaimed from the charity are set out in note 7 to the accounts.

Senior Management Team

The trustees delegate the day-to-day operations of the charity to the Chief Executive and the Senior Management Team (SMT). The trustees have worked with the SMT to produce Board papers to guide the ongoing development of the charity. Responsibility for the implementation of the papers is delegated to the SMT through Action Logs which are updated and reported on quarterly.

Remuneration policy

The total remuneration budget is decided by the Finance Committee and approved by the Board. Under advice from the staff team they consider changes in costs of living, immediate financial resources of the charity and short and medium term financial projections to ensure any changes in pay and conditions are sustainable.

Remuneration of individual staff is reviewed and approved by a Remuneration Committee which comprises the Treasurer, Chair and two Vice-Chairs of the charity. The Remuneration Committee receive an annual proposal for new posts and staff pay produced by the CEO, Deputy CEO and Finance Manager. In distributing the total remuneration budget, the staff consider new posts, retention and recruitment, the performance of individual staff members and wider benefits.

Changes to pay outside this process are proposed by the CEO and approved by the Treasurer and must fit within the total Remuneration package unless approved by the Board.

Remuneration policy for key management personnel

The remuneration of key management personnel is determined with due consideration of comparable current market sector rates by the Remuneration Committee and approved by the Board.

Related parties and relationships with other organisations

There are no related party relationships with any other organisations.



Statement of responsibilities of the trustees

The trustees (who are also directors of Bipolar UK Ltd for the purposes of company law) are responsible for preparing the trustees' annual report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently
- Observe the methods and principles in the Charities SORP
- Make judgements and estimates that are reasonable and prudent
- State whether applicable UK Accounting Standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the trustees are aware:

There is no relevant audit information of which the charitable company's auditor is unaware

The trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Members of the charity guarantee to contribute an amount not exceeding £1 to the assets of the charity in the event of winding up. The total number of such guarantees at 31 March 2022 was 12 (2021 13). The trustees are members of the charity but this entitles them only to voting rights. The trustees have no beneficial interest in the charity.

Auditor

Sayer Vincent LLP was re-appointed as the charitable company's auditor during the year and has expressed its willingness to continue in that capacity.

The Trustees' annual report has been prepared in accordance with the special provisions applicable to companies subject to the small companies regime.

The trustees' annual report has been approved by the trustees on 10 December 2022 and signed on their behalf by

Guy Paisner
Chair of Trustees
Date: 10/12/2022



Independent auditor's report to the members of Bipolar UK Ltd

Opinion

We have audited the financial statements of Bipolar UK Ltd (the 'charitable company') for the year ended 31 March 2022 which comprise the statement of financial activities, balance sheet, statement of cash flows and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including FRS 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

Give a true and fair view of the state of the charitable company's affairs as at 31 March 2022 and of its incoming resources and application of resources, including its income and expenditure for the year then ended

Have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice

Have been prepared in accordance with the requirements of the Companies Act 2006

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on Bipolar UK's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other Information

The other information comprises the information included in the trustees' annual report, other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

The information given in the trustees' annual report, for the financial year for which the financial statements are prepared is consistent with the financial statements; and

The trustees' annual report, has been prepared in accordance with applicable legal requirements.



Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the trustees' annual report. We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- Adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- The financial statements are not in agreement with the accounting records and returns; or
- Certain disclosures of trustees' remuneration specified by law are not made; or
- We have not received all the information and explanations we require for our audit; or
- The directors were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the trustees' annual report and from the requirement to prepare a strategic report.

Responsibilities of trustees

As explained more fully in the statement of trustees' responsibilities set out in the trustees' annual report, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud are set out below.

Capability of the audit in detecting irregularities

In identifying and assessing risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, our procedures included the following:

- We enquired of management, which included obtaining and reviewing supporting documentation, concerning the charity's policies and procedures relating to:
 - Identifying, evaluating, and complying with laws and regulations and whether they were aware of any instances of non-compliance;
 - Detecting and responding to the risks of fraud and whether they have knowledge of any actual, suspected, or alleged fraud;
 - The internal controls established to mitigate risks related to fraud or non-compliance with laws and regulations.
- We inspected the minutes of meetings of those charged with governance.



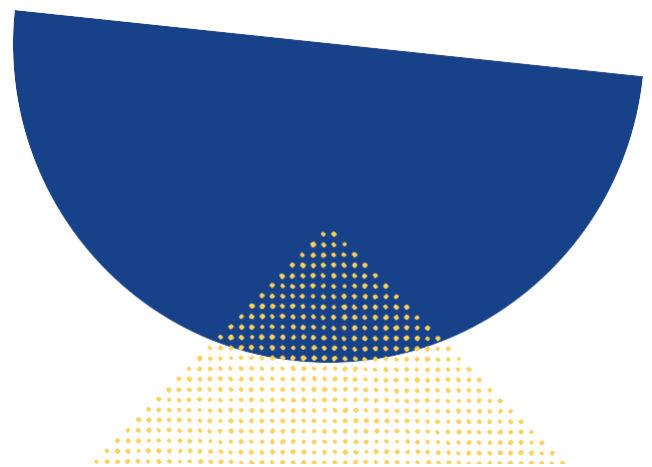
- We obtained an understanding of the legal and regulatory framework that the charity operates in, focusing on those laws and regulations that had a material effect on the financial statements or that had a fundamental effect on the operations of the charity from our professional and sector experience.
- We communicated applicable laws and regulations throughout the audit team and remained alert to any indications of non-compliance throughout the audit.
- We reviewed any reports made to regulators.
- We reviewed the financial statement disclosures and tested these to supporting documentation to assess compliance with applicable laws and regulations.
- We performed analytical procedures to identify any unusual or unexpected relationships that may indicate risks of material misstatement due to fraud.
- In addressing the risk of fraud through management override of controls, we tested the appropriateness of journal entries and other adjustments, assessed whether the judgements made in making accounting estimates are indicative of a potential bias and tested significant transactions that are unusual or those outside the normal course of business.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

A further description of our responsibilities is available on the Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

Use of our report

This report is made solely to the charitable company's members as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.



Fleur Holden
(Senior statutory auditor)
Date: 14/12/2022

for and on behalf of Sayer Vincent LLP, Statutory Auditor
 Invicta House,
 108-114 Golden Lane,
 LONDON, EC1Y 0TL

Statement of financial activities.

For the year ended 31 March 2022.

(including income & expenditure account)

	Notes	Unrestricted £	Restricted £	Total 2022 £	Restated Unrestricted £	Restricted £	Restated Total 2021 £
INCOME FROM:							
Donations and legacies	2	745,595	-	745,595	571,445	-	571,445
Charitable activities							
Peer Support Services (Covid-19 Response)	3	-	253,951	253,951	-	424,070	424,070
Peer Support Groups	3	-	-	-	-	108,565	108,565
Phone & Email Support	3	-	-	-	-	8,844	8,844
The eCommunity	3	-	1,000	1,000	-	4,938	4,938
Employment Support	3	-	-	-	-	755	755
Communications Policy & Research	3	-	175,000	175,000	-	9,949	9,949
Investments	4	88	-	88	14	-	14
Total income		745,683	429,951	1,175,634	571,459	557,121	1,128,580
EXPENDITURE ON:							
Raising funds	5	248,789	-	248,789	167,209	-	167,209
Charitable activities							
Peer Support Services (Covid-19 Response)	5	-	122,523	122,523	-	122,232	122,232
Peer Support Groups	5	-	127,883	127,883	-	122,249	122,249
Phone & Email Support	5	2,831	94,853	97,684	496	83,000	83,496
The eCommunity	5	59,900	58,523	118,423	556	96,000	96,556
Employment Support	5	5,620	-	5,620	9,489	755	10,244
Communications Policy & Research	5	138,257	32,926	171,183	26,055	75,477	101,532
Total expenditure		455,397	436,708	892,105	203,805	499,713	703,518
Net income / (expenditure) before net gains / (losses) on investments		290,286	(6,757)	283,529	367,654	57,408	425,062
Net gains / (losses) on investments		3,684	-	3,684	-	-	-
Net income / (expenditure) for the year	6	293,970	(6,757)	287,213	367,654	57,408	425,062
Transfers between funds		-	-	-	13,334	(13,334)	-
Net movement in funds		293,970	(6,757)	287,213	380,988	44,074	425,062
Reconciliation of funds:							
Total funds brought forward		765,504	184,380	949,884	384,516	140,306	524,822
Total funds carried forward		1,059,474	177,623	1,237,097	765,504	184,380	949,884

All of the above results are derived from continuing activities. There were no other recognised gains or losses other than those stated above. Movements in funds are disclosed in Note 18a to the financial statements.

Balance sheet.

At 31 March 2022.

COMPANY NUMBER 1955570

	Notes	£	2022 £	Restated £	Restated 2021 £
FIXED ASSETS:					
Tangible assets	11	-	9,054	-	12,071
Intangible assets	12	-	28,422	-	27,420
Investments	13	-	593,684	-	-
	-	-	631,160	-	39,491
CURRENT ASSETS:					
Debtors	14	103,778	-	63,270	-
Cash at bank and in hand	-	620,108	-	1,037,847	-
	-	723,886	-	1,101,117	-
Liabilities:					
Creditors: amounts falling due within one year	15	(117,949)	-	(190,724)	-
Net current assets	-	-	605,937	-	910,393
Total net assets	-	-	1,237,097	-	949,884
THE FUNDS OF THE CHARITY:					
Restricted income funds	17a	-	177,623	-	184,380
Unrestricted income funds:	-	-	-	-	-
Designated funds	-	507,997	-	7,997	-
General funds	-	551,477	-	757,507	-
Total unrestricted funds	-	-	1,059,474	-	765,504
Total charity funds	-	-	1,237,097	-	949,884

Approved by the trustees on 10 December 2022
and signed on their behalf by

Guy Paisner
Chair of Trustees

Statement of cash flows.

For the year ended 31 March 2022.

	2022		2021	
	£	£	£	£
CASH FLOWS FROM OPERATING ACTIVITIES			Restated	Restated
Net income for the reporting period (as per the statement of financial activities)	287,213		425,062	
Depreciation charges	15,275		6,077	
(Gains)/losses on investments	(3,684)		-	
Dividends, interest from investments	(88)		(14)	
(Increase)/decrease in debtors	(40,508)		58,030	
Increase/(decrease) in creditors	(72,775)		(24,422)	
Net cash provided by operating activities		185,433		464,733
CASH FLOWS FROM INVESTING ACTIVITIES:				
Dividends, interest and rents from investments	88		14	
Purchase of fixed assets	(13,260)		(27,326)	
Purchase of investments	(590,000)		-	
Net cash (used in) investing activities		(603,172)		(27,312)
Change in cash and cash equivalents in the year		(417,739)		437,421
Cash and cash equivalents at the beginning of the year		1,037,847		600,426
Cash and cash equivalents at the end of the year		620,108		1,037,847
ANALYSIS OF CASH AND CASH EQUIVALENTS AND OF NET DEBT				
	At 1 April 2021	Cash flows	Other non-cash changes	At 31 March 2022
	£	£	£	£
	1,037,847	(417,739)	-	620,108
Total cash and cash equivalents	1,037,847	(417,739)	-	620,108

Notes to the financial statements.

For the year ended 31 March 2022.

1. Accounting policies

a) Statutory information

Bipolar UK Limited is a charitable company limited by guarantee, incorporated in England and Wales on 7 November 1985.

Bipolar UK is an unincorporated charity registered on 10 February 1986 with the Charity Commission for England and Wales (charity number 293340)

The registered office address and the principal place of business is : 32 Cubitt Street London WC1X 0LR.

b) Basis of preparation

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

Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy or note.

In applying the financial reporting framework, the trustees have made a number of subjective judgements, for example in respect of significant accounting estimates. Estimates and judgements are continually evaluated and are based on historical experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances. The nature of the estimation means the actual outcomes could differ from those estimates. Any significant estimates and judgements affecting these financial statements are detailed within the relevant accounting policy below.

c) Public benefit entity

The charity meets the definition of a public benefit entity under FRS 102.

The trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next reporting period.

d) Going concern

As a result of reviews carried out by the Trustees at Finance and Board meetings together with regular review of the risk register, they consider that there are no material uncertainties regarding the charitable company's ability to continue as a going concern in the foreseeable future. The financial statements have, therefore, been prepared on this basis.

e) Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the income have been met, it is probable that the income will be received and that the amount can be measured reliably

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

For legacies, entitlement is taken as the earlier of the date on which either: the charity is aware that probate has been granted, the estate has been finalised and notification has been made by the executor(s) to the charity that a distribution will be made, or when a distribution is received from the estate. Receipt of a legacy, in whole or in part, is only considered probable when the amount can be measured reliably and the charity has been notified of the executor's intention to make a distribution. Where legacies have been notified to the charity, or the charity is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

Income received in advance of the provision of a specified service is deferred until the criteria for income recognition are met.

f) Donations of gifts, services and facilities

Donated professional services and donated facilities are recognised as income when the charity has control over the item or received the service, any conditions associated with the donation have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), volunteer time is not recognised so refer to the trustees' annual report for more information about their contribution.

On receipt, donated gifts, professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

g) Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

h) Fund accounting

Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets these criteria is charged to the fund.

Unrestricted funds are donations and other incoming resources received or generated for the charitable purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular purposes

i) Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings

- Costs of raising funds relate to costs incurred in encouraging people and organisations to support financially the charity's work. This includes the costs of advertising, publicity and the staging of fundraising events.
- Expenditure on charitable activities includes the costs of delivering services, including staff costs, directly attributable to each activity. Where the costs cannot be directly attributed they have been allocated to activities on a cost-incurred basis.
- Support and Governance costs have been allocated to each activity based on staff numbers employed in that activity (or on time spent on that activity).
- Other expenditure represents those items not falling into any other heading

Governance costs are the costs associated with the governance arrangements of the charity. These costs are associated with constitutional and statutory requirements and include any costs associated with the strategic management of the charity's activities.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

j) Operating leases

Rental charges are charged on a straight line basis over the term of the lease.

k) Tangible fixed assets

Items of equipment are capitalised where the purchase price exceeds £1,000. Depreciation costs are allocated to activities on the basis of the use of the related assets in those activities. Assets are reviewed for impairment if circumstances indicate their carrying value may exceed their net realisable value and value in use.

Where fixed assets have been revalued, any excess between the revalued amount and the historic cost of the asset will be shown as a revaluation reserve in the balance sheet.

Depreciation is provided at rates calculated to write down the cost of each asset to its estimated residual value over its expected useful life. The depreciation rates in use are as follows:

- Computer and office equipment - Straight line basis over 3- 5 years

l) Intangible fixed assets

Intangible fixed assets are measured initially at their purchase cost. Assets under £1,000 are written off to the Statement of Financial Affairs. Amortisation is provided at rates calculated to write off the cost less estimated residual value of each asset over the expected useful life as follows:

- Computer software - Straight line basis over 3- 5 years

m) Listed investments

Investments are a form of basic financial instrument and are initially recognised at their transaction value and subsequently measured at their fair value as at the balance sheet date using the closing quoted market price. Any change in fair value will be recognised in the statement of financial activities. Investment gains and losses, whether realised or unrealised, are combined and shown in the heading "Net gains/(losses) on investments" in the statement of financial activities. The charity does not acquire put options, derivatives or other complex financial instruments.

n) Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

o) Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

p) Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

q) Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

r) Pensions

Contributions were paid on behalf of employees into their personal pension schemes and are charged to the Statement of Financial Activities in the year in which they become payable. No further liabilities accrue to the charity other than these payments

2. Income from donations and legacies

	Unrestricted £	Restricted £	2022 Total £	Restated Unrestricted £	Restricted £	Restated 2021 Total £
Grants	297,087	-	297,087	220,617	-	220,617
CJRS Income	-	-	-	20,577	-	20,577
Donations	279,938	-	279,938	292,972	-	292,972
Legacies	162,610	-	162,610	13,502	-	13,502
Charitable activities	2,003	-	2,003	23,777	-	23,777
Donated services	3,957	-	3,957	-	-	-
	745,595	-	745,595	571,445	-	571,445

Donated services relate to website support services provided by the Access Group during the year at a discounted price

3. Income from charitable activities

	Unrestricted £	Restricted £	2022 Total £	Restated Unrestricted £	Restricted £	2021 Total £
PEER SUPPORT SERVICES (COVID 19 RESPONSE)						
Department of Health	-	-	-	-	200,000	200,000
Big Lottery	-	-	-	-	109,874	109,874
Stichting Benevolentia	-	-	-	-	30,000	30,000
St James Place Foundation	-	-	-	-	23,753	23,753
The Evan Cornish Foundation	-	-	-	-	9,524	9,524
Wales National Lottery	-	24,314	24,314	-	-	-
Crowdfunder Ltd	-	10,998	10,998	-	-	-
Eveson Charitable Trus	-	5,013	5,013	-	-	-
The Alice Ellen Cooper Dean Foundation	-	5,000	5,000	-	-	-
DHSC - Suicide Grant	-	158,025	158,025	-	-	-
Haberdashers Benevolent Foundation	-	5,000	5,000	-	-	-
The Sussex Community Foundation	-	5,000	5,000	-	-	-
Leicestershire County Council	-	5,000	5,000	-	-	-
The February Foundation	-	4,798	4,798	-	-	-
The Zochonis Charitable Trust	-	4,000	4,000	-	-	-
Other Grants less than £4.000	-	26,803	26,803	-	50,919	50,919
Sub-total for Peer Support Services (Covid 19 response)	-	253,951	253,951	-	424,070	424,070
PHONE & EMAIL SUPPORT						
Small grants	-	-	-	-	8,844	8,844
Sub-total for Phone & Email Support	-	-	-	-	8,844	8,844

3. Income from charitable activities (continued)

	Unrestricted £	Restricted £	2022 Total £	Restated Unrestricted £	Restricted £	2021 Total £
PEER SUPPORT GROUPS						
Mind	-	-	-	-	50,000	50,000
Comic Relief	-	-	-	-	44,070	44,070
Community Foundation for Northern Ireland	-	-	-	-	6,072	6,072
	-	-	-	-	8,423	8,423
Sub-total for Peer support Groups	-	-	-	-	108,565	108,565
THE ECOMMUNITY						
Small grants	-	1,000				
Sub-total for The eCommunity	-	1,000				
EMPLOYMENT & SUPPORT						
Small grants	-	-	-			
Sub-total for Employment Support	-	-	-			
COMMUNICATION POLICY & RESEARCH						
The Access Foundation	-	50,000				
Porticus Foundation	-	90,000				
Hypatia Foundation	-	35,000				
Other grants	-	-	-			
Sub-total for Policy & Research	-	175,000				
TOTAL INCOME FROM CHARITABLE ACTIVITIES	-	429,951				

4. Income from investments

	Unrestricted £	Restricted £	2022 Total £	Unrestricted £	Restricted £	2021 Total £
INVESTMENT INCOME						
Investment income	88	-	88	14	-	14
	88	-	88	14	-	14

5a. Analysis of expenditure (current year)

CHARITABLE ACTIVITIES											
	Raising funds	Phone & Email Support	Peer Support Services	Peer Support Groups	The e-Community	Employment Support	Comms, Policy & Research	Governance costs	Support costs	2022 Total	2021 Total
	£	£	£	£	£	£	£	£	£	£	£
Staff costs	136,152	61,781	67,608	72,968	82,463	5,620	75,274	12,807	69,229	583,902	450,892
Depreciation and amortisation	3,558	829	1,593	1,593	465	-	3,881	66	3,290	15,275	6,077
Other Costs incl Office	11,604	7,506	11,636	11,835	2,743	-	13,949	828	701	60,802	93,998
Fundraising Consultancy	76,058	-	-	-	-	-	259	-	-	76,317	17,086
IT Support Costs & Website	21,295	4,428	11,784	11,784	4,169	-	17,469	-	7,257	78,186	57,640
Audit Fees	-	-	-	-	-	-	-	22,200	-	22,200	-
Support Group Meeting facilities	-	-	2,966	2,966	-	-	-	-	-	5,932	2,170
Office Rent and Insurance	-	-	-	-	-	-	-	-	13,705	13,705	53,283
Bipolar Commission	-	-	-	-	-	-	34,464	-	-	34,464	-
Publications and Communications	122	-	-	-	-	-	1,200	-	-	1,322	22,372
	248,789	74,544	95,587	101,146	89,840	5,620	146,496	35,901	94,182	892,105	703,518
Support costs	-	17,637	19,774	19,508	19,952	-	17,311	-	(94,182)	-	-
Governance costs	-	5,503	7,162	7,229	8,631	-	7,376	(35,901)	-	-	-
Total expenditure 2022	248,789	97,684	122,523	127,883	118,423	5,620	171,183	-	-	892,105	-
Total expenditure 2021	167,209	83,496	122,232	122,249	96,556	10,244	101,532	-	-	-	703,518

Audit Fees consists of £11,400 inc VAT for 2021/22 and £10,800 not accrued in 2020/21

5b. Analysis of expenditure (prior year)

CHARITABLE ACTIVITIES										
	Raising funds	Phone & Email Support	Peer Support Services	Peer Support Groups	The e-Community	Employment Support	Comms, Policy & Research	Governance costs	Support costs	2021 Total
	£	£	£	£	£	£	£	£	£	£
Staff costs (Note 7)	81,032	62,611	54,340	54,340	64,602	8,061	43,775	18,376	63,755	450,892
Depreciation and amortisation	119	56	730	731	-	137	63	-	4,241	6,077
Other Costs incl Office	46,756	1,389	6,772	6,761	737	173	10,514	815	20,081	93,998
Fundraising Consultancy	17,086	-	-	-	-	-	-	-	-	17,086
IT Support & Website	12,570	5,792	5,227	5,227	15,982	218	9,562	-	3,062	57,640
Audit Fees	-	-	-	-	-	-	-	-	-	-
Support Group Meeting facilities	-	-	1,085	1,085	-	-	-	-	-	2,170
Office Rent & Insurance	-	-	-	-	-	-	-	-	53,283	53,283
Bipolar Commission	-	-	-	-	-	-	-	-	-	-
Publications and Communications	9,646	-	-	-	-	-	12,726	-	-	22,372
	167,209	69,848	68,154	68,144	81,321	8,589	76,640	19,191	144,422	703,518
Support costs	-	11,472	48,537	48,564	12,426	1,450	21,973	-	(144,422)	-
Governance costs	-	2,176	5,541	5,541	2,809	205	2,919	(19,191)	-	-
Total expenditure 2021	167,209	83,496	122,232	122,249	96,556	10,244	101,532	-	-	703,518

6. Net income/expenditure for the year

This is stated after charging / (crediting):

	2022 £	2021 £
Depreciation of tangible fixed assets (Note 11)	3,017	3,241
Amortisation of intangible assets (Note12)	12,258	2,836
Loss or profit on disposal of fixed assets	-	-
OPERATING LEASE RENTALS PAYABLE:		
Property	9,929	10,628
Other	12,504	12,504
AUDITOR'S REMUNERATION (EXCLUDING VAT):		
Audit	11,400	10,800

7. Analysis of staff costs, trustee remuneration and expenses, and the cost of key management personnel

Staff costs were as follows:

Staff Costs	2022 £	2021 £
Salaries and wages	503,803	403,206
Social security costs	42,402	27,424
Employer's contribution to defined contribution pension schemes	19,414	14,780
Agency/Contractors	18,284	5,482
Total	583,903	450,892

There are no termination payments included in salaries and wages above for 2022 (2021: Nil)

The following number of employees received annual remuneration during the year between:

	2022	2021
£60,000 - £69,999	1	1

The total employee benefits (including pension contributions and employer's national insurance) of the key management personnel were £135,485 (2021: £147,213).

Key management personnel consist of 3 employees (2021: 3)

The charity trustees were neither paid nor received any other benefits from employment with the charity in the year (2021: £nil). No charity trustee received payment for professional or other services supplied to the charity (2021 £nil).

No payments were made to Trustees during the year for reimbursement of travel and subsistence costs (2021: Nil)

8. Staff numbers

The average number of employees (head count based on number of staff employed) during the year was 17 (2021: 14).

Staff are split across the activities of the charity as follows :

Staff are split across the activities of the charity as follows	2022 No.	2021 No.
Charity Management & Admin	2.0	2.0
Peer Support Groups	4.0	4.0
Phone & Email Support	4.0	2.0
E-Community	2.0	2.0
Fundraising	3.0	3.0
Employment Support	1.0	1.0
Communications, Research Policy	1.0	-
	17.0	14.0

9. Related party transactions

Aggregate donations from related parties were £ 10,430 (2021: £0)

The following Trustees made unrestricted donations to the charity during the financial year: Mr Robert Print £300; Mr Jeremy Clark £120 and Ms Melissa Barnett £10.

10. Taxation

The charity is exempt from corporation tax as all its income is charitable and is applied for charitable purposes.

11. Tangible fixed assets

Cost	Computer & office equipment £
At the start of the year	107,378
At the end of the year	107,378
DEPRECIATION	
At the start of the year	95,307
Charge for the year	3,017
At the end of the year	98,324
NET BOOK VALUE	
At the end of the year	9,054
At the start of the year	12,071

All of the above assets are used for charitable purposes.

12. Intangible fixed assets

Cost	Computer & office equipment £
At the start of the year	59,779
Additions in year	13,260
At the end of the year	73,039
AMORTISATION	
At the start of the year	32,359
Charge for the year	12,258
At the end of the year	44,617
NET BOOK VALUE	
At the end of the year	28,422
At the end of the year	27,420

All of the above assets are used for charitable purposes.

13. Listed investments

	2022 £	2021 £
Fair value at the start of the year	-	-
Additions at cost	590,000	-
Disposal proceeds	3,684	-
Fair value at the end of the year	593,684	-
INVESTMENTS COMPRISE:		
UK Common investment funds	593,684	-
	593,684	-

14. Debtors

	2022 £	Restated 2021 £
Trade debtors	29,908	14,933
Prepayments/ Accrued Income	73,870	48,337
	103,778	63,270

The Prior Year Prepayments/ Accrued Income amount has been restated to £48,337 due to a £53,765 overestimation of outstanding legacies. See note 21.

15. Creditors: amounts falling due within one year

	2022 £	2021 £
Trade creditors	13,788	17,230
Taxation and social security	16,160	11,644
Accruals	66,501	38,516
Deferred income (note 16)	21,500	123,334
	117,949	190,724

16. Deferred income

	2022 £	2021 £
Balance at the beginning of the year	123,334	156,667
Amount released to income in the year	(123,334)	(33,333)
Amount deferred in the year	21,500	-
Balance at the end of the year	21,500	123,334

Deferred income at the end of the financial year represents a grant received from the Rotherham Clinical Commissioning Group for the set up of a peer support group in Rotherham together with delivering four self management courses and the evaluation of these courses over a three year period.

17a. Analysis of net assets between funds (current year)

	General unrestricted £	Designated £	Restricted £	Total funds £
Tangible/Intangible fixed assets	37,476	-	-	37,476
Investments	93,684	500,000	-	593,684
Net current assets	420,317	7,997	177,623	605,937
Net assets at 31 March 2022	551,477	507,997	177,623	1,237,097

17b. Analysis of net assets between funds (prior year)

	General unrestricted £	Designated £	Restricted £	Total funds £
Tangible/Intangible fixed assets	39,491	-	-	39,491
Net current assets	718,016	7,997	184,380	910,393
Net assets at 31 March 2022	757,507	7,997	184,380	949,884

18a. Movements in funds (current year)

	At 1 April 2021 £	Income & gains £	Expenditure & losses £	Transfers £	At 31 March 2022 £
RESTRICTED FUNDS:					
Peer Support Services (Covid 19 Response)	89,481	47,477	(122,523)	-	14,435
Peer Support Groups	90,315	58,682	(127,883)	-	21,114
Phone and Email Support	4,584	90,269	(94,853)	-	-
The eCommunity	-	58,523	(58,523)	-	-
Communications Policy & Research	-	175,000	(32,926)	-	142,074
Total restricted funds	184,380	429,951	(436,708)	-	177,623
UNRESTRICTED FUNDS:					
Designated funds:					
Bipolar Commission	-	-	-	500,000	500,000
Self Help Groups	7,997	-	-	-	7,997
Total designated funds	7,997	-	-	500,000	507,997
General funds	757,507	293,970	-	-	551,477
Total unrestricted funds	765,504	293,970	-	-	1,059,474
Total funds	949,884	723,921	(436,708)	-	1,237,097

The narrative to explain the purpose of each fund is given at the foot of note 18b..

18b. Movements in funds (prior year)

	At 1 April 2020 £	Income & gains £	Expenditure & losses £	Transfers £	At 31 March 2021 £
RESTRICTED FUNDS:					
Peer Support Services (Covid 19 Response)	48,326	176,721	(122,232)	(13,334)	89,481
Peer Support Groups	50,296	162,268	(122,249)	-	90,315
Phone and Email Support	4,584	83,000	(83,000)	-	4,584
The eCommunity	37,100	58,900	(96,000)	-	-
Communications Policy & Research	-	755	(755)	-	-
Total restricted funds	140,306	557,121	(499,713)	(13,334)	184,380
UNRESTRICTED FUNDS:					
Designated funds:					
Self Help Groups	7,997	-	-	-	7,997
Total designated funds	7,997	-	-	-	7,997
General funds	376,519	367,654	-	13,334	757,507
Total unrestricted funds	384,516	367,654	-	13,334	765,504
Total funds	524,822	924,775	(499,713)	-	949,884

Purposes of restricted funds

Restricted funds represent grants received from donors to be utilised by the charity to deliver specific services to the Bipolar community in accordance with terms stipulated in the individual grant agreements.

Peer Support Services (Covid 19 Response) – During the 2020/21 financial year the charity made large number of Covid-19 response related grant applications not restricted to a particular charitable activity. As a result, the funds were utilised to fund all charitable activities including related support costs.

Bipolar UK provides face to face peer support and online self-management tools to empower people affected by bipolar to self-manage effectively These can be broken down as follows:

eCommunity – provides a safe space for people affected by bipolar to talk online about the impact of the covid-19 pandemic and exchange self-care tips in a safe moderated environment . The eCommunity has recruited over 11,137 members.

Phone and email Support – employing staff with lived bipolar experience to make one-one calls to people living with the condition with the aim of reducing social isolation during the covid-19 pandemic and signpost to useful information on the charity's website.

Peer Support Groups and Services – Face to face local peer support groups – and virtual groups using Zoom to bring small groups of people affected by bipolar together to provide regular support.

Communications Policy & Research – Delivering on patient and public involvement contracts for universities; maintaining and updating website content, social media including facilitating regular Facebook 'live' sessions, developing e-learning packages, mobile phone mood tracking application and Broadcast and Print media. During 2021/22 particular focus on hosting the Bipolar Commission which included conducting four big patient surveys, compiling evidence on diagnosis, hospital care, medication, physical health, suicide prevention and the impact of bipolar on woman.

Prior Year transfer out of restricted funds – The trustees reconsidered the grant income received by the charity in previous years and concluded that the balance of £13,334 in the Peer Support Services fund at 1 April 2020 had no longer any restrictions. As a result, a transfer out of this fund into general funds was made.

Purposes of designated funds:

- Bank balances held by Self Help Support Groups to meet local expenditure £7,997 (2021:£7997)
- The Trustees have deliberated to set aside £500,000 as designated funds to implement the recommendations of the Bipolar Commission report over the next three to five years.

19. Operating lease commitments payable as a lessee

The charity's total future minimum lease payments under non-cancellable operating leases is as follows for each of the following periods

	Equipment 2022 £	Equipment 2021 £
Less than one year	4,168	12,504
One to five years	-	4168
	4,168	16,672

20. Legal status of the charity

The charity is a registered company limited by guarantee with no share capital. It is registered in England & Wales with registration No. 01955570).

21. Prior year adjustment

	Unrestricted £	Restricted and Designated 31-Mar-21 £	Total £
Funds previously reported	811272	192,377	1,003,649
Legacy adjustment	(53,765)	-	(53,765)
Funds restated	757,507	192,377	949,884
Net movement in funds			
Net movement in funds previously reported	434,753	44,074	478,827
Legacy adjustment	(53,765)	-	(53,765)
Net movement in funds restated	380,988	44,074	425,062

Legacy Adjustment

Based on evidence which came to light after the 2020/21 financial year end, the estimated value of certain legacies was overstated. As a result an adjustment to prior year legacy income has been made amounting to £53,765.

Thank you.

We are only able to provide the life changing services we do because of the incredible generosity of our donors. Over the last year, people have given generously through Trusts, personal donations and wills.

All contributions are gratefully received. We would though like to say a particular thank you to the following organisations and individuals who have given over £4,000 and have not asked to remain anonymous. Because of you, we have improved the lives of tens of thousands of people affected by bipolar.

Alice Ellen Cooper Dean Charitable Foundation
Barbour Foundation
Basil Samuel Charitable Trust
Big Lottery
Clare Dolman
Crowdfunder Ltd
DHSC Suicide Prevention Fund
Dorset Foundation
Enterprise Development Fund
Ernest Kleinwort Charitable Trust
Eveson Charitable Trust
February Foundation
Garfield Weston Foundation
Haberdashers' Benevolent Foundation
Hypatia Foundation
Leicestershire Communities
Mary Kinross Charitable Trust
Porticus
Roger & Douglas Turner Trust
Rotherham NHS Foundation Trust
St James's Place Foundation
Stone Family Foundation
Sussex Community Foundation
Tamasin Little
The Access Foundation
The Access Group
Valentine Charitable Trust
Wales National Lottery
Zochonis Charitable Trust

CHARITY NAME:

Bipolar UK Ltd

REGISTERED CHARITY NO:

293340

COMPANY NO:

01955570

REGISTERED OFFICE:

32 Cubitt Street,
London WC1X 0LR

bipolaruk.org



BIPOLAR UK LTD

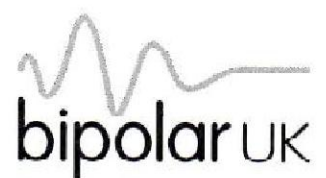
England & Wales - Charity number 293340

Accounts



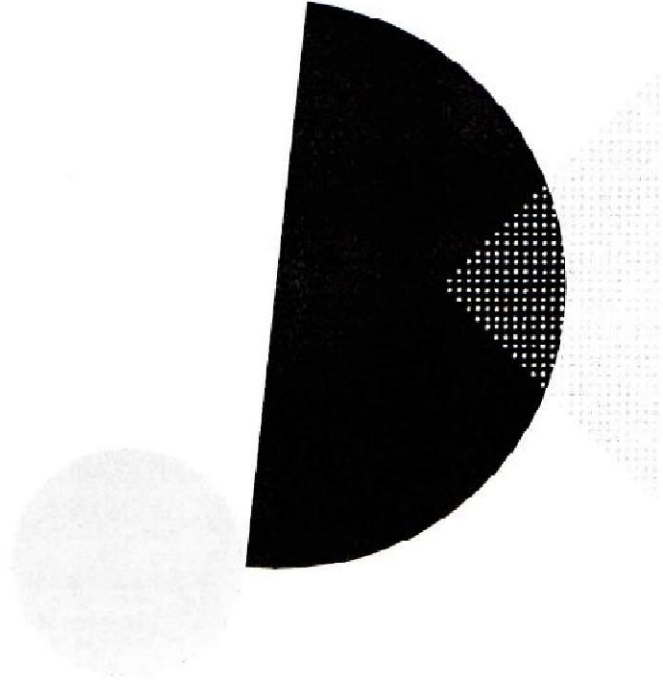
Our community. Our charity.

2021 Annual Report
& Financial Statements.



Our mission is to
empower everyone
affected by bipolar
to live well and fulfil
their potential.

We will achieve it by
growing a community of
support that connects
people through lived
experience.



A bit about bipolar.

Bipolar is a severe, long-term mental illness. It's characterised by significant mood swings – from manic highs to suicidal depression. And it can affect both males and females of any age, from any social or ethnic background.

There are over a million people living with bipolar in the UK. Within our circle of families, friends, colleagues and acquaintances, we're all likely to know several people who are affected by bipolar. Shockingly, it takes an average of 9.5 years to receive a correct diagnosis of bipolar in the UK. This means people are missing out on potentially life-saving treatment and support.

People with bipolar are more likely to live alone and be dependent on disability benefits. Bipolar increases the risk of suicide by up to 20 times, with people living with bipolar accounting for at least one in 20 suicides in the UK each year.

Bipolar doesn't just affect those who have it – families and friends are often the first port of call for care and support. This can put them under immense stress.

But there is hope. With effective treatment and self-management, people can lead full and productive lives with the condition.

Legal & Administrative Information.

Who's who.

Trustees	Company Number
Alice Alfordday	1955570
Welissa Barnett	
Jeremy Bart	Principal address & Registered office
Derrick Dale OC	32 Lubitt Street,
Santa Dent	London, WC1S 0HR
Mohini Morris	
Guy Palmer	Accountants
Robert Hunt	Haymanityns LLP
Helen Samson-Barry	10 Queen Street Place
Nadia Silver	London, EC4R 1AG
Jennifer Terri-Slaves	
Bill Walden-Dimes	Bankers
Prof Allan Young	CAF Bank
	25 Kings Hill Avenue
	Kings Hill
	West Malling
	Kent, ME19 4JQ
	Rational Westminster Bank plc
	5 Market Place
	Kingston Upon Thames
	Surrey, KT11 1J
	Solicitors
	Carter Bells
	Plings' Stone House
	12 High Street
	Kingston Upon Thames, KT11 1HD

Part One.	Part Two.
Our community.	Our charity.
Message from our CEO	A tribute
Trustees' Report Introduction	Sector review
What we've achieved	Financial review
The year in numbers	
Epider Commission early findings	
Covid-19 Introduction	
The year ahead	
Theory of Change	

7	19
3	21
9	22
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16	
17	

Chair	Trustee
Guy Palmer	Senita Dent
Vice Chair	Chief Executive
Helen Samson-Barry	Simon Kitchen
Nadia Silver, as of March 2021	
Mohini Morris (until March 2021)	Charity Name
	Bipolar UK Ltd
	Charity Number
	293340

Our community

CEO Message 2020/21.

A word from Simon.



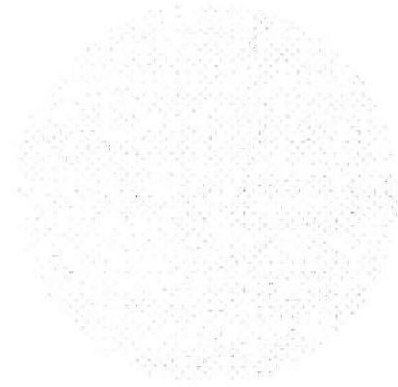
Simon Kitchen
Chief Executive Officer
Bipolar UK

Covid-19 meant 2020/21 was a turbulent year for Bipolar UK and our community and we all faced new challenges. We had to totally reconfigure our services, enabling staff to work from home and our community to access them virtually.

We started the year expecting record losses and ended it, thanks to the enormous generosity of our community and supporters, with one of our best fundraising years ever.

Despite the burden in 2020/21 the charity and its community showed incredible adaptability and resilience.

It's going to be a big job to rebuild the charity, back-up, or full strength again but we have a strong financial footing and an abundance of determination. Our focus now is to re-engage our volunteers so that we can reopen our vital in-person Peer Support groups and other Peer Support services.



Trustees' Report*

A small charity.

A growing community.

Where we started

Our community began in 1982. Sheila Woodland and Philomena Gerning, both living with bipolar, made contact through newspaper adverts. They sought others with bipolar so they could share their experiences.

As more people responded a society was born. The first meeting was held in January 1983 at Church House Westminster. Records show 13 people attended, people, friends and family who were looking to connect and combat the lack of dedicated services for people with bipolar.

Where we are now

Today we are a small charity that supports an ever-growing community. During Covid-19, our independent evaluation estimated that we've directly supported an average of **907 people** a month to stay well. Include our website and social media in the equation, and that figure leads to **over 6,000 empowered people** every month.

Following the pandemic we have big plans to reopen and expand our in-person groups and further strengthen our digital services. The need has never been greater. We also need to reaffirm the connections across our community.

This is only possible thanks to the enormous commitment of our small team of staff, our amazing volunteers and our dedicated supporters.

Our aims in 2020/21.

The two sides to our story.

1.

Provide a comprehensive set of peer support services for anyone affected by bipolar and increase the reach of our support.

2.

Act as the voice of our community to improve the country's health systems and services, changing attitudes to bipolar throughout UK society.

How we've brought them to life

We held a virtual conference

Following the success of our conference in November 2015, we ran our first virtual conference on World Bipolar Day on 30 March 2021. It was attended by over 1000 people, half of whom were entirely new to the charity. They listened to a range of keynote speakers with academic, clinical and lived experience on topics from diagnosis and medication to stigma and suicide prevention. Overall, 72% of attendees told us they found the conference useful. We've got lots of plans to improve on that response for the next conference in March 2022.

We empowered our community during Covid-19

Covid-19 struck at the start of the financial year, meaning we had to rapidly adapt our services and support our community through some of their darkest days. The charity also raised with government agencies to support the vaccine roll-out so people living with bipolar could get their vaccines sooner.

We reorganised our services

The uncertainty around Covid-19 and the stop-start nature of in-person restrictions has thrown up many challenges. We moved our in-person groups online, introduced a new Peer Support call-back booking system on our chatbot, and ran weekly Facebook Lives to keep the community connected. We have also worked hard to reopen in-person groups as soon as possible, within the parameters set by the government.

We reviewed our office and ways of working

Following the required working from home during Covid-19 and the expiry of our previous office lease, the charity has taken on a smaller and more flexible office space. We are currently trialling a hybrid working model, with staff continuing to work predominantly at home. This has enabled the charity to cut its office costs by 80%, freeing up more money for Peer Support services. The trustees are closely monitoring the evolving working patterns to ensure the arrangements serve the long-term interests of the charity.

We are half way through our B polar Commission

We formally launched our Bipolar Commission on 30 March 2021. The trustees of the Commission has seen two patient surveys on diagnosis and post-diagnostic support, which have received over 3,000 responses. We have also conducted almost 50 evidence-gathering interviews with academics and clinicians in the UK, America and Scandinavia. The next phase will look at hospital care, bipolar and women and the economic impact of bipolar.

*The Trustees' Report is the annual report of the charity. It is published on the charity's website and is available to all. It is published in 2021. It is published in 2021.

Channel by channel. The year in numbers.

Peer Support Groups

35

No in-person groups could happen during the period because of Covid-19.

On average, we had **35 ONLINE GROUPS PER MONTH** throughout England, Wales and Northern Ireland. The reduction over the year was due to the natural closure of groups and the decision to focus on improving the quality of existing groups before opening new ones. We have, however, introduced trained support groups specifically for women, young people and work and learning.

2,000

The overall reported attendance has dropped to just below **2,000** compared to **5,734** in 2019/20. This is due to the logistical challenges of getting people online.

Peer Callback and Email Service

538

During 2020/21 we delivered **OVER 3,602 INCIDENTS OF SUPPORT**, responding to 1,404 calls and 2,198 emails over the year. We helped thousands of people speak to someone else with lived experience, often for the first time.

538

Since lockdown in March 2021, there has been a slight dip in the number of people we've supported. This is mainly due to our reduced staff and volunteer capacity. Even so the charity still responded to **538 CALLS** and **1,154 EMAILS** from April to August 2021.

To support these services, we also pioneered a new online booking system for our Peer Support callback service using our chatbot. This provides greater convenience and accessibility.

The eCommunity

8,761

Our eCommunity is a moderated online forum for everyone affected by bipolar. It GREW FROM 4,883 TO 8,761 USERS over the course of the year, with over 1.911.470 pages viewed. With 9978.55 pages viewed in the first 7 months alone in 2021/22.

3,878

Since March 2020, the eCommunity has gone from strength to strength with **3,878 JOINING** in 2020/21 and another 2,615 members joined between the start of April and the end of October 2021.

Promoting the eCommunity will be a priority in the latter part of 2021 and 2022. Campaigns on Facebook and in print media will help to raise awareness of the community amongst other people affected by bipolar.

What we found.

Bipolar diagnosis matters.

The Bipolar Commission was launched in March 2021 with two aims: to improve the quality of services and reduce the rate of suicide and for people living with bipolar in the UK.

Why? 1 in 20 people who take their own life in the UK have a diagnosis of bipolar. And this figure is likely to be a huge underestimate as it excludes people with bipolar who are undiagnosed or misdiagnosed, two factors that increase the risk of suicide. The report also aims to provide hope with the correct treatment and support. It is possible to live well with bipolar.

The Bipolar Commission brought together 21 Commissioners with academic, clinical, policy and lived experience expertise to identify and review evidence on the current services and quality of life for people living with bipolar.

The research involved:

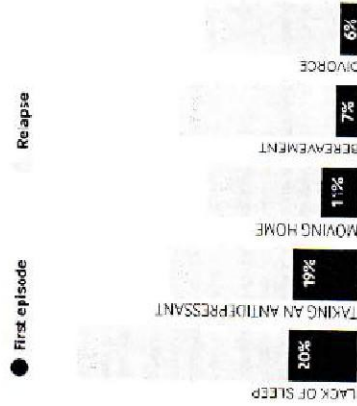
- a thorough literature review
- stakeholder and patient interviews
- a series of online surveys.

This first report focuses on what bipolar is and what causes it and provides vital insights into the bipolar community's experiences of getting a diagnosis.

Over a million people in the UK have bipolar. The most comprehensive prevalence data is from the Adult Psychiatric Morbidity Study (APMS) in 2014, which found that 2% of the UK population aged 16 and above were living with bipolar.

1. Paris, L. et al. 'A population-based cross-sectional study of bipolar disorder: a descriptive review of the literature', *Journal of Affective Disorders* 215 (2018), pp. 22-32.
 2. A comprehensive survey of 107 people aged 16-64 with bipolar disorder in the UK (2008-2010) approached 11,000 people in the UK. The survey identified 11,000 people with bipolar disorder, with 11,000 people with bipolar disorder and 11,000 people with bipolar disorder.
 3. Paris, L. et al. 'A population-based cross-sectional study of bipolar disorder: a descriptive review of the literature', *Journal of Affective Disorders* 215 (2018), pp. 22-32.
 4. Hirschfeld, D. R. et al. 'The prevalence of bipolar disorder in a national epidemiologic survey', *Journal of Affective Disorders* 105 (2005), pp. 1-10.

Bipolar is predominantly genetic condition. If a twin has bipolar, their identical sibling has a 73% chance of developing the condition. A number of environmental factors can trigger the first episode or post-diagnosis relapse:



● First episode ● Relapse

1 in 5 people told us so-called positive things like getting a promotion at work, getting married, starting a new relationship or even going on holiday, had been major triggers

19% of people said that taking antidepressants triggered a first episode

This reflects what our bipolar community tell us is a common pathway to diagnosis:

Saw doctor with symptoms of depression

Sometimes prescribed taking therapy, and/or diet and exercise changes

Diagnosed with unipolar (depression) and prescribed an antidepressant

Experienced manic episode

Sectioned and hospitalised

Received diagnosis of bipolar

* Unipolar depression is about 10 times as common as bipolar, but is often difficult to tell apart.

5. Delavan, L. R. et al. 'The prevalence of bipolar disorder in a national epidemiologic survey', *Journal of Affective Disorders* 105 (2005), pp. 1-10.

This comes with an academic study reviewed by the Commission that found around 10% of UK primary care patients prescribed antidepressants for depression or anxiety have an undiagnosed bipolar disorder.

However, getting a diagnosis of bipolar isn't straightforward because there are no physical tests for bipolar unlike other conditions, such as diabetes (diagnosed by blood test) or a stroke (diagnosed by brain scan). It does not show up on a high scan. Instead, the diagnosis of bipolar depends on specific and sudden changes in mood and behaviour, not otherwise explained by something else (for example, drug or alcohol misuse or a thyroid problem). These changes may be puzzling at the time and their significance may only be evident in retrospect.

The APMS estimated that 4% of people with bipolar have a diagnosis, though this was calculated using a small sample size. Our survey results found many respondents had a previous diagnosis, e.g.

Nearly 70% had a previous diagnosis of depression

21.4% had a previous diagnosis of an anxiety disorder

2.8% had a previous diagnosis of schizophrenia

There was an average delay of 9.5 years between people first contacting a health professional about symptoms and getting an accurate diagnosis of bipolar.

60% of people said this delay had a significant impact on their life

For years I took antidepressants but still struggled with low moods. And at times, I was spending too much, irritable and angry.

I was diagnosed with depression and given antidepressants. Four months later I had climbed to the heights of mania and was sectioned. The experience irreparably damaged relationships and left me broke.

6. Purves, J. et al. 'The prevalence of bipolar disorder in a national epidemiologic survey', *Journal of Affective Disorders* 105 (2005), pp. 1-10.

Bipolar diagnosis matters

Respondents accessed the survey through our website, newsletter, eCommunity or social media which means they are engaged with our services to some extent and may not be representative of the wider population/ people with bipolar in general.

Nevertheless, the vast majority of people welcomed a diagnosis.

2.6%	didn't want to get a diagnosis
83.9%	found diagnosis either helpful or very helpful
80.5%	felt diagnosis gave an explanation for their past experiences
68%	felt diagnosis enabled them to get better medication
47%	found diagnosis helped them be better understood, especially the stigma

A diagnosis is the beginning of a new chapter. With effective treatment, support and self-management, it is possible to live well with bipolar

The shorter the delay in diagnosis, the sooner someone can empower themselves with effective self-management and foster a positive circle with fewer relapses in both the short and long term.

- Self-management includes:**
- access and good adherence to a range of medication
 - access to specialised psychological therapies
 - helpful lifestyle choices (good sleep routine, diet, exercise)
 - support from healthcare team and family/friends
 - avoidance of triggers where possible

All of these protective factors are only possible if someone has a diagnosis of bipolar. Yet only 48% of respondents received any advice about lifestyle changes that would reduce risk of relapse and only 33% were signposted to psychological therapies. **This is the equivalent of someone who has a high risk of lung disease not being told to give up smoking**

Given that someone with bipolar is 20 times more likely to take their own life than someone without bipolar, these findings are extremely worrying and require urgent attention.

“When I first experienced a side over a number of weeks in to depression, my mind seemed to focus exclusively on ways to take my life.” GW

The full Bipolar Commission report due to be released in March 2022 will put forward recommendations to:

- 1 Make it easier and quicker for someone with bipolar to get a diagnosis
- 2 Improve access to specialist treatment for people with bipolar
- 3 Develop an evidence-based online screening tool for bipolarity to prompt someone to seek assessment from a healthcare professional
- 4 Fund more research into bipolar, including genetics and its ethical implications
- 5 Improve awareness of proven self-management techniques
- 6 Change the narrative around the public perception of bipolar to reduce stigma and encourage understanding

Rebuilding after the pandemic. Our response.

Following the announcement of a UK-wide lockdown at the end of our last financial year in March 2020, the charity had to make some rapid decisions about its services and programmes. The pandemic had a profound impact on our community, our services and the finances of the charity. This was our response:

We are expanding sustainably

Bipolar UK received a series of unexpected Covid-19 response grants, which enabled the charity to cover its charitable activities. This combined with lower spend in the first quarter of the pandemic meant the charity could use unreserved income to deliver a large surplus.

Given the financial history of the charity, the trustees decided to use the surplus to increase unrestricted reserves to 12 months. As income has continued to increase in 2021, the charity has significantly increased spend to meet the growing demand within the community. This includes taking on additional Peer Support Officers to increase the number of groups and expanding telephone and call-back coverage.

Leading the civil society response to bipolar that blends digital and in-person

The early findings of the Bipolar Commission have confirmed that people living with bipolar continue to get a far deal with the health service. It is therefore down to Bipolar UK to lead active society response to the crisis being individuals and families in our community.

We have formed a co-ordinate partnership with the Access Group to transform digital services for people living with bipolar. This involves expanding our call-back service and developing new online self-management training tool kits.

We are also working with Royal Free, Great Britain and Health to improve our procedures for in-person support groups and to develop a plan to get an in-person group in every local authority area in the country.

Our ambition is to ensure everyone affected by bipolar in the UK has access to excellent self-management advice and a within a 45-minute journey time of an in-person group.

“I've been coming to the support meetings for five years and they keep me afloat. They make me feel I'm not alone in living with this condition.” *GW*

Reducing the diagnosis delay

The research has identified a huge delay in diagnosis, with people waiting on average 95 years between going to see a clinician about bipolar symptoms and getting a diagnosis. This is having a devastating impact on peoples' lives (as explained on page 13)

To overcome that Bipolar UK has worked with a volunteer with lived experience to develop our Mood Tracker app. This includes basic tools to help people understand symptoms and to keep track of them ahead of GP visits. There have been over 2,200 downloads so far – and the feedback has been overwhelmingly positive. Here are just three of the comments posted by users on Facebook:

“It's a great app. Really quick and easy to use and I love the notes section.”

“Thank you. Finally a bipolar-friendly mood tracker.”

“I think the app is brilliant. Well done.”

We have also launched a petition via Change.org asking for faster bipolar diagnosis to help save lives. After only four weeks we have over 8,000 signatures. When we reach 10,000 we will approach key decision makers with the Bipolar Commission's report outlining its early findings.

“I am signing because it took 60 years to get my bipolar diagnosed and be given the correct medication – which worsens!” *GW*

Looking forward to 2022.

Growing our community.

Our aim for 2022 is simple:
to rebuild following the pandemic.

The following service delivery targets will help us to achieve this.



01
 Maximise our corporate partnership with the Access Group to improve our digital resources and to work with partners to get a support group in each community in the country.

02
 Re-open our in-person groups and raise money to pilot self-management courses.

03
 Bed down new ways of working, ensuring the charity makes the most of hybrid working.

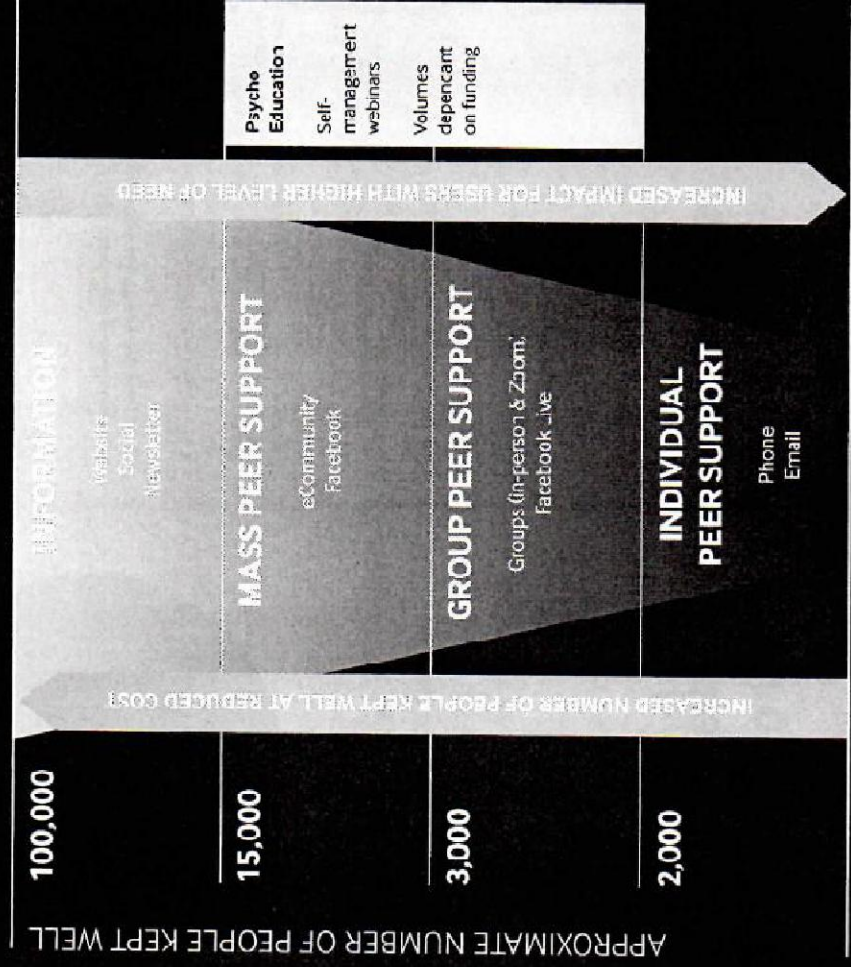
04
 Complete our Bipolar Commission and lead a campaign on earlier diagnosis so people don't have to wait almost a decade.

The difference we make.

Our extensive 2020 evaluation by 700+ people provided us with clear data on how our social media channels and website are playing a far larger part in the charity's role in keeping people well than we previously thought. These findings provide vital insights into the relative merits of scalability and intensity of support and allows the charity to make more informed decisions about how to grow services to have biggest impact.

The diagram below is an example of the future delivery model. The blue triangle denotes the core service offer, with additional services able to be added into the model if funded – such as psycho-education, which appears to sit somewhere along the mass and group peer support.

The principle is that the information services have the widest reach and are the cheapest to deliver but are likely to have less impact on those with the greatest needs. The more impactful the service the more expensive, and therefore the fewer people it will reach.



Our charity

Those who make the difference.
Our staff, volunteers and supporters.

None of what you've just read – the impactful services and support delivered in such trying times – would be possible without the hard work, dedication and humanity of our staff, volunteers and supporters.



In particular, our volunteers have played a leading role in sustaining and driving the charity's efforts. This includes 100 volunteers who deliver services locally in England, Wales and Northern Ireland.

Indeed, our board itself is made up of 13 volunteer trustees, most of whom have a bipolar diagnosis or who are directly affected by bipolar in their family.

These people are at the heart of our charity and our community

Structure, governance and management.

How we operate.

The Board of Trustees is legally responsible for the strategic direction of the charity. It meets every three months and is supported by the Finance Committee chaired by our Treasurer, which meets on a quarterly basis between Board meetings.

Recruitment and Appointment of Trustees

Trustees are recruited through a combination of national advertisements and personal introductions to ensure specific skill sets are obtained. During the previous year, Mohini Morris resigned as Vice-Chair and was replaced by Nadia Silver in March 2021. There were no other changes during 2020/21.

Trustees have estimated that the level of free reserves required to mitigate against the identified risks is between £750,000 and £1,000,000 as at 31 March 2021.

Senior Management Team

The trustees delegate the day-to-day operations of the charity to the Chief Executive and the Senior Management Team (SMT). The trustees have worked with the SMT to produce Board papers to guide the ongoing development of the charity. Responsibility for the implementation of the papers is delegated to the SMT through Action logs which are updated and reported on quarterly.

Public Benefit

Bipolar UK exists to serve the public and ensure that individuals and families affected by, or much misunderstood illness can benefit from our support. Our evaluation showed that we support 997 people with bipolar to star well every month. The Board of Trustees understand the requirement as set out in Section 17 of the Charities Act 2011 and believe Bipolar UK completely satisfies all guidance issued by the charity commission with regard to public benefit.

Risk Management

The senior management team and trustees work together to analyse and assess the major risks to the charity. This is collated into a Risk Register which is regularly updated by the CEO and a designated trustee. This includes the assessment of external factors, governance, financial, information technology and operational risks. The Risk Register is reviewed by the full Board during the year.

Reserves Policy

In 31 March 2021 the charity held total reserves of £1,003,649/£1,019,654/£1,024,682 of which £188,380 was carried over from 2019/20 and £1,742,366 and £7,957,719 at designated funds (£619, £799).

Sector review. Challenging times.

The major risks for Bipolar UK reflect those of many small charities experiencing rising demand for their services within a challenging and uncertain fundraising environment.

Our risk register identifies the following key challenges:

- Unable to raise enough money to meet budget targets
- Ensuring the impact of the Bipolar Commission
- Demand for the charity's services exceeds our capacity
- The charity fails to comply with UK charity law or there is a data breach which results in sanctions
- Risk that Ways of Working project produces an outcome that has an adverse impact on operations and / or staff
- A major safeguarding incident that we fail to protect people from
- Risk that the charity's use of digital / social media brings the charity's reputation, for example, an illegally worded tweet could create a backlash / social media storm
- Risk that key staff leave or are on long-term sickness absence (for example, due to work-related stress), resulting in impaired ability to deliver key services and critical knowledge being lost.

Risk register

In line with Charity Commission guidance, the risk register incorporates a matrix format which allows identified risks to be rated according to their likelihood and impact, with a higher weighting given to impact.

All identified risks are reviewed with mitigating strategies then put in place to reduce the risk as far as possible. Activities with a high-risk rating are automatically prioritised.

The mitigating strategies for our identified risks include:

- The submission of multiple grant applications for services, applications for multi-year grants, cautious budgeting and substantial reserves
- Additional oversight of the charity's finances through the finance sub-committee
- Seeking to maintain and build upon Bipolar UK's public profile as the UK's only charity focussed solely on bipolar disorder and seeking to influence the wider sector through the Bipolar Commission
- Implementing service models that are scalable – building on the findings of the evaluation that good content on the website is the most cost-effective route to empower more people affected by bipolar
- Ensuring that there continues to be legal expertise on the Board
- Ensuring staff have the equipment, headset, laptop, phone and ensure regular contact with colleagues through virtual meetings
- Continuing to have an on-duty safeguarding lead to ensure that all incidents are appropriately handled
- Ensuring all external communications have two eyes or them on some check
- Maintaining a healthy remuneration and wage/work package that encourages staff to stay.

Financial review.

Resilient. Responsible.



Pre-audited we forecast £590,730 income and budgeted for £846,532 expenditure. The deficit was primarily due to higher spend on the Bipolar Commission. Bipolar UK has had a stronger financial year due to both higher than anticipated income (£1,182,345 and lower than expected costs at £703,518). This was mostly due to higher than expected grant income from the Covid-19 response grants and lower spend due to furlough and the delayed start of the Commission.

The external environment for charities continues to be difficult, with pressures on fundraising and reputation, and an increased level of requirements in relation to compliance. Small and medium-sized charities, are closing frequently. Bipolar UK cannot do everything that we would like to, and the trustees believe that the charity must continue to be cautious to remain sustainable.

Learning from recent experience, the trustees are keen to maintain the positive financial situation of the charity. The staff are proposing a realistic core expenditure budget of £700,000 for 2021/22. This allows the charity to take on more fundraising and service staff. The charity will also be spending an extra £80,000 to deliver the one-off Bipolar Commission.

Statement of Trustees' Responsibilities

The trustees are responsible for preparing the Trustees' Report, and the accounts in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare accounts for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure of the charitable company of that year.

- In preparing these accounts, the trustees are required to:
 - Select suitable accounting policies and apply them consistently
 - Observe the methods and principles of the Charities SORP
 - Make judgements and estimates that are reasonable and prudent
 - Prepare the accounts on a going concern basis unless it is inappropriate to presume that the charity will continue to operate.

The trustees are responsible for seeing accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the accounts comply with

the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and for taking reasonable steps to the prevention and detection of fraud and other irregularities.

Disclosure of information to auditors

Each of the directors has confirmed that there is no information of which they are aware which is relevant to the audit but of which the auditors are unaware. They have further confirmed that they have taken appropriate steps to identify such relevant information and to establish that the auditors are aware of such information.

Fundraising Disclosure

Bipolar UK's fundraising activities, delivered against all their objectives. The charity undertook two mailing and digital appeals which raised more money than usual - overall donations were up 22% on the previous financial year. Trust, and Commissioned Income fundraising were particularly strong, increasing by 65%.

The charity employs contractors as well as salaried staff to undertake fundraising for the charity, contractors are fully integrated into the team and all their communications to supporters are approved and monitored.

In addition, the charity works to ensure that contractors understand the subject area well enough to communicate its objectives and funding needs to supporters. In our contractors work to train staff and support strategic development in fundraising to add the long-term sustainability of income streams.

The charity logged four complaints about its fundraising in 2020/21. These were directly related to the mailings. In particular: 1. letters sent to people who were deceased; 2. asks about how the charity go, their new address; 3. including the word bipolar on the outer envelope, which might disclose a diagnosis.

All complaints were next contacted with explanations. Future mailings also removed reference to bipolar in the outer envelope.

To protect vulnerable people the charity maintains an ethical fundraising policy which insists on strict calibration between its services and fundraising objectives and won't accept donations from individuals who are thought to lack capacity. The charity is a member of the Fundraising Regulator and abides by its standards.

On behalf of the board of trustees,

Guy Paisner
Chair of Trustees
Date: 11/12/2021

In preparing this report, the trustees have taken advantage of the exemptions available to small companies (including the exemption from preparing a strategic report).

EB describes her first Peer Support Group meeting

I sat down and listened and introduced myself. I shared my experience of a time that I was feeling invincible and on top of the world. I was on a long drive on busy main roads and I believed I was controlling the flow, speed, traffic lights and pace of all of the traffic... that the only reason the roads were flowing so effortlessly was because of me. I looked around and was met with a circle of nodding faces. I just couldn't believe it, these amazing humans got me! I felt a huge weight lift from me, along with a lifting of shame, embarrassment, and fear of being judged. I realised I wasn't a bad person. I wasn't alone!

Independent auditors' report to the members of Bipolar UK.

Opinion

We have audited the financial statements of Bipolar UK for the year ended 31 March 2021 which comprise the Statement of Financial Activities, Balance Sheet, Statement of Cash Flows, and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable to United Kingdom Accounting Standards, including Financial Reporting Standard 101 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2021 and of the charitable company's movement in funds, including the income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UKS) (ISA) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the Charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with those requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The trustees are responsible for the other information. The other information comprises the information included in the CEO Statement and the Trustees' Report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work we have done in the course of the audit:

- the information given in the CEO Statement and the Trustees' Report (which includes the directors' report prepared for the purposes of company law for the financial year for which the financial statements are prepared) is consistent with the financial statements; and
- the directors' report included within the CEO Statement and the Trustees' Report have been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the CEO Statement and the Trustees' Report which incorporate the directors' report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you, in our opinion:

- adequate accounting records have not been kept by the charitable company or returns adequate for our audit have not been received from branches not visited by us;
- the charitable company financial statements are in agreement with the accounting records and returns; or

- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or

- the trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies exemptions in preparing the trustees' report and from the requirement to prepare a strategic report.

Responsibilities of trustees for the financial statements

As explained more fully in the trustees' responsibilities statement set out on page 22, the trustees (who are the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view and for such information as the trustees deem it necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error. In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could, reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

Based on our understanding of the charitable company and the environment in which it operates, we identified that the principal risks of non-compliance with laws and regulations related to the regulatory requirements of the Charity Commission, and we considered the extent to which non-compliance might have a material effect on the financial statements. We also considered those laws and regulations that have a direct impact on the preparation of the financial statements such as the Companies Act 2006, the Charities Act 2011, and SFO 2005.

We evaluated management's incentives and opportunities for fraudulent manipulation of the financial statements (including the risk of override of controls) and determined that the principal risks were related to the posting of journal entries and management bias in making accounting judgements and estimates. Audit procedures performed by the engagement team included:

- Inspecting correspondence with regulators and tax authorities;
- Discussions with management including consideration of known or suspected instances of non-compliance with laws and regulation and fraud;
- Evaluating management's controls designed to prevent and detect irregularities;
- Reviewing minutes of trustee meetings during the year;
- Identifying and testing journals, in particular journal entries posted with unusual account combinations, postings by unusual users or with unusual descriptions; and
- Challenging assumptions and judgements made by management in their critical accounting estimates.

Use of our report

This report is made solely to the charitable company's members or body in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an Auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members, as a body, for our audit work, for this report or for the opinions we have formed.

Alan Halsey
(Senior Statutory Auditor)
Date: 28 FEB 2021

for and on behalf of
Hays and Co LLP (Statutory Auditor)
10 Queen Street Place,
London, EC4R 1WG

Statement of financial activities.

For the year ended 31 March 2021.

(including income & expenditure account)

	Notes	Unrestricted funds €	Designated funds €	Restricted funds €	Total 2021 €	Total 2020 €
INCOME AND ENJOYMENTS FROM:						
Donations and legacies						
Grants		720,517	—	343,497	564,114	340,885
Gifts in kind		20,577	—	—	20,577	—
Investment income		392,272	—	8,815	301,287	246,580
Legacies		67,267	—	—	67,267	71,417
Charitable activities		23,777	—	204,809	228,586	45,603
Investments		14	—	—	14	107
Total income		625,124	—	557,111	1,182,345	705,540
EXPENDITURE ON:						
Raising funds		167,209	—	—	167,209	145,595
Net income available for charitable expenditure		457,915	—	52,111	510,026	559,945
Charitable activities		36,596	—	499,713	536,309	476,715
Total expenditure		203,805	—	499,713	703,518	622,311
Net income/(expenditure)		421,419	—	52,408	473,827	83,229
Transfers between funds		13,124	—	(13,124)	—	—
Net movement in funds		434,543	—	44,014	478,557	83,229
Fund balance at 1 April 2020		376,319	799*	140,366	517,424	441,593
Fund balance at 31 March 2021		811,272	799*	184,380	1,003,649	524,822

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

Balance sheet.

At 31 March 2021.

	Notes	2021 (€)	2020 (€)
FIXED ASSETS			
Intangible assets	3	17,420	180,116
Tangible assets	2	2,071	220
CURRENT ASSETS		39,491	18,244
Debtors	10	17,035	121,300
Cash at bank and in hand		1,027,817	800,926
		1,154,892	721,726
Creditors amounts falling due within one year	11	(819,744)	(215,466)
Net current assets		964,138	506,580
Net assets		1,003,649	524,322
RESTRICTED FUNDS			
	12	161,380	140,306
UNRESTRICTED FUNDS		799*	799*
Designated funds: Support groups		811,272	374,319
Other charitable funds		1,003,649	524,322

The financial statements were approved and authorised for issue by the Board of Trustees on 1 December 2020 and signed on their behalf by:


 Andy Petherick
 Chair of Trustees
 Date: 1BC 2021

Statement of cash flows.

For the year ended 31 March 2021.

	2021 (£)	2020 (£)
OPERATING ACTIVITIES		
Net expenditure/income for the year	47,827	83,224
Depreciation and amortisation	6,077	1,488
Investment income	(14)	(107)
Increase/(decrease) in debtors	4,265	49,304
Decrease/(increase) in creditors	(21,422)	80,586
Net cash from operating activities	461,723	229,490
INVESTING ACTIVITIES		
Investment income received	14	107
Purchase of intangible fixed assets	(27,223)	(22,660)
	(27,211)	(22,753)
Net movement in cash and cash equivalents	434,512	206,737
Cash and cash equivalents at 1 April	603,426	293,899
Cash and cash equivalents at 31 March	1,037,938	600,636
Cash and cash equivalents comprise:		
Cash at bank and in hand	1,037,938	600,636

Notes to the financial statements.

For the year ended 31 March 2021.

1. Accounting Policies

General information

Bipolar UK Limited is a company limited by guarantee registered in England and Wales (company number: 01955572) and a registered charity (company number: 291340). Its registered office is 32 Dubin Street, London WC1X 0LR.

Basis of preparation

The financial statements have been prepared in accordance with the Statement of Recommended Practice (SORP) for Charities 2019, the Companies Act 2006 and applicable accounting standards (FRS102). The charity is a Public Benefit Entity as defined by FRS102.

The principal accounting policies and estimation techniques are as follows:

Going concern

Through Board meetings, Finance Committees and Risk Register Reviews, the trustees have considered the impact of COVID-19 on the charity's activities and finances and consider that there are no material uncertainties regarding the charitable company's ability to continue as a going concern. These financial statements have therefore been prepared on this basis.

Income

Income is recognised when the charity has entitlement, when the amount can be measured with sufficient reliability and when receipt is probable.

Grant income is recognised in accordance with the terms of the grant and when the conditions of receipt have been complied with.

Legacy income is recognised when a probate has been granted, receipt is judged to be probable, and the value can be measured with sufficient reliability.

Gifts in kind are recognised upon receipt, at their estimated financial value to the charity.

Income received through the economic jubilee pension scheme is recognised when the associated staff costs are incurred.

Expenditure

Expenditure is recognised when the related liability is incurred.

Charitable activity costs comprise expenditure, including staff costs directly attributable to each activity. Where costs cannot be directly attributed they have been allocated to activities on a cost-incurred basis.

Support costs have been allocated to each activity based on staff numbers employed in that activity (or on staff time spent on that activity). Governance costs are included within support costs and relate to the management of the charity's assets, organisational administration and compliance with constitutional and statutory requirements.

Expenditure on raising funds comprises costs incurred in encouraging people and organisations to support financially the charity's work. These include the costs of advertising, public relations and of the staging of fund raising events.

Payments in relation to the termination of employment are recognised when the relevant decision-making process has been completed and communicated to all affected employees.

Intangible fixed assets

Intangible fixed assets are measured initially at their purchase cost. Assets under £1,000 are written off to the SPPA. Amortisation is provided at rates calculated to write off the cost less estimated residual value of each asset over its expected useful life, as follows:

Computer software – straight line basis (over five years)

Tangible fixed assets and depreciation

Tangible fixed assets are measured initially at their purchase cost. Assets under £1,000 are written off to the SPPA. Depreciation is provided at rates calculated to write off the cost less estimated residual value of each asset over its expected useful life, as follows:

Computer and office equipment – straight line basis (over three to five years)

Financial instruments – assets and liabilities

The charity only enters into basic financial instruments transactions that result in the recognition of financial assets and liabilities like trade and other accounts receivable and payable. These balances are disclosed in notes 9 and 10 respectively.

Cash and cash equivalents

Cash and cash equivalents includes cash in hand and deposits held at banks.

Debtors and creditors

Debtors and creditors are recorded at their transaction price. Any losses arising from impairment, including bad debts, are recognised in the Statement of Financial Activities.

Stock

In addition to providing our own information for BiPOLAR UK purchases publications and other materials for resale. Stocks represent the value of such goods sold at their year end at the lower cost and not realisable value.

Pensions

Contributors were paid on behalf of employees into their personal pension schemes and are charged to the Statement of Financial Activities in the year in which they become payable. No further liabilities accrue to healthify other than these payments.

Accumulated funds

Accumulated funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the retained funds are set out in the notes to the accounts.

Designated funds comprise funds which have been set aside at the discretion of the Members of the Board of Trustees for specific purposes. The purposes and uses of the designated funds are set out in the notes to the accounts.

Significant judgements

In preparing these financial statements, management has made judgements in the application of the charity's accounting policies which affect the amounts recognised in the financial statements. Estimates and judgements are continually evaluated and are based on historical experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

Key areas subject to judgement and estimation are as follows:

Legacy income

Judgement is applied in the consideration of the likelihood of receipt and ability of measurement of amounts receivable in respect of legacies to which the charity has established entitlement. The balance sheet date subsequent events are monitored to identify those which give additional information about conditions at the balance sheet date which would warrant adjustment to the financial statements.

2. Income from charitable activities – commissioned services

	Unrestricted funds (£)	Restricted funds (£)	Total 2021 (£)	Total 2020 (£)
2021				
Commissioned services	22,207	304,809	327,016	36,302
Other income	1,470	—	1,470	11,037
Total	23,677	204,809	228,486	47,339
2020				
Commissioned services	380	35,802	—	36,102
Other income	11,037	—	—	11,037
Total	11,417	35,802	—	47,139

3. Gifts in kind

BiPOLAR UK did not receive any gifts in kind in 2021/21.

4. Total expenditure

	Staff Costs (£)	Depreciation & amortisation (£)	Other Costs (£)	Total 2021 (£)	Total 2020 (£)
2021					
Reserve funds	31,032	119	36,058	157,209	145,596
Charitable Activities					
Service (Direct Costs)	287,229	1,498	133,401	423,188	333,019
Support costs	82,131	4,241	26,949	113,121	32,596
Total	349,880	5,959	160,510	536,309	416,715
Total expenditure	450,892	6,058	246,368	703,318	612,311
2020					
Reserve funds	100,500	6,808	30,222	—	115,596
Charitable Activities					
Service (Direct Costs)	2,9128	7,204	1,17,077	—	333,019
Support costs	57,559	254	34,943	—	92,796
Total	276,677	8,018	152,000	—	416,715
Total expenditure	377,133	14,886	250,242	—	612,311

Support costs include Governance costs which incorporate auditors, board meeting venue costs and trustees out of pocket travel and subsistence expenses. Support costs are allocated on the amount of time spent on the relevant services.

5. Services (including support costs)

	Staff Costs (£)	Depreciation & amortisation (£)	Other Costs (£)	Total 2021 (£)	Total 2020 (£)
2021					
Phone and Email Support	80,483	196	1,505	95,739	81,071
Peer Support Groups	117,205	304	6,205	186,346	161,199
e-Community	8,045	—	2,805	111,098	91,603
Employment Support	37,857	475	5,834	45,170	45,928
Policy and Research	56,271	220	41,474	97,965	76,915
Total services	369,360	5,935	160,510	536,304	476,711
2020					
Phone and Email Support	53,543	273	30,798	—	81,071
Peer Support Groups	102,367	146	6,335	—	161,199
e-Community	58,543	1,397	3,756	—	91,603
Employment Support	31,971	151	1,380	—	45,928
Policy and Research	30,153	2,277	46,488	—	78,915
Total services	276,577	8,218	192,020	—	476,711

6. Net income / (expenditure)

	Total 2021 (£)	Total 2020 (£)
NET INCOME / EXPENDITURE IS STATED AFTER CHARGING		
Auditors remuneration		
— for audit	9,300	8,300
Operating lease rentals		
— property	10,528	42,510
— office equipment	12,304	14,758
Depreciation of tangible assets	3,241	4,355
Amortisation of intangible assets	2,336	10,031

No member of the Board of Trustees for any persons connected with them, received any remuneration or reimbursed expenses during the current year or the prior year.

7. Employees

	2021	2020
THE AVERAGE MONTHLY NUMBER OF EMPLOYEES DURING THE YEAR WAS		
Quality Management and Administration	2	1
Peer Support Groups	3	3
Phone and Email Support	2	1
e-Community	2	2
Fundraising	3	2
Employment Support	1	1
Total number	14	10
STAFF COSTS (£)		
Wages and salaries	403,205	319,325
Social security costs	27,424	26,780
Employer pension contributions	11,780	11,370
Agency staff	3,482	17,218
Total	450,892	377,113

There are no termination payments included in wages and salaries above for 2021 (2020: £Nil).

There was one employee whose annual remuneration was between £60,000 and £70,000 (2020: One employee who received an annual remuneration above £60,000).

KEY MANAGEMENT COSTS (£)	
Gross salary	121,170
Employer's national insurance contributions	14,198
Pension contributions	5,245
London weighting	600
Total	147,213
	131,586

8. Intangible fixed assets

	Computer software
COST	
At 1 April 2020	47,539
Additions	12,240
At 31 March 2021	59,779
AMORTISATION	
At 1 April 2020	29,523
Charged for the year	2,816
At 31 March 2021	32,339
NET BOOK VALUE	
At 31 March 2021	27,440
At 31 March 2020	18,016

9. Tangible fixed assets

	Computer software
COST	
At 1 April 2020	92,262
ADDITIONS	15,006
At 31 March 2021	107,268
DEPRECIATION	
At 1 April 2020	92,006
Charged for the year	3,271
At 31 March 2021	95,277
NET BOOK VALUE	
At 31 March 2021	12,071
At 31 March 2020	226

10. Debtors

	2021	2020
Trade debtors	14,333	9,893
Prepayments and accrued income	102,102	111,407
Total	117,635	121,300

11. Creditors: amounts falling due within one year

	2021	2020
Trade creditors	27,613	15,191
Taxes and social security costs	1,661	8,151
Accruals	38,516	33,537
Deferred income	123,534	156,667
Total	190,724	213,546

DEFERRED INCOME

Brought forward	156,667	—
Released in the year	(156,667)	—
Deferred in the year	123,534	156,667
Carried forward	190,724	156,667

Income is deferred when the trustees consider that the Charity had not fulfilled the criteria for recognising the income under Charity SORP at the year-end.

12. Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances at donations and grants held on trust for specific purposes:

	Balance at 1 April 2020(D)		MOVEMENT IN FUNDS —		Balance at 31 March 2021 (E)
	Income (D)	Expenditure (E)	Transfers (D)		
Peer Support Groups	30,296	(68,546)	—	—	90,315
Peer Support Services	48,376	(569,561)	(13,344)	(13,344)	89,481
Research and Policy	—	(9,949)	—	—	—
Phone and Email Support	4,534	(8,814)	—	—	4,534
Employment support	—	(7,751)	—	—	—
The eCommunity	27,100	(40,028)	—	—	—
Single Commission	—	—	—	—	—
Total	140,306	(694,730)	(13,340)	(13,340)	164,330

Transfers out of restricted funds

The trustees have recognised the grant income received by the Charity in previous years and have concluded that a balance of £13,334 in the Peer Support Services fund at 1 April 2020 was subject to restrictions. A transfer out of this fund into general funds was therefore been made.

	Balance at 1 April 2019 (£)	Income (£)	Expenditure (£)	Transfers (£)	Balance at 31 March 2020 (£)
Peer Support Groups	42,017	60,323	52,044	—	50,296
Peer Support Services	35,278	128,734	(115,936)	—	48,076
Research and Policy	—	12,733	12,733	—	—
Phone and Email Support	29,566	62,300	(31,112)	—	4584
Employment support	—	133,306	(133,836)	—	—
The e-Community	33,304	55,350	(62,454)	—	3,100
Book Commission	—	9,493	(9,493)	—	—
Total	141,115	287,699	(217,508)	—	140,304

13. Analysis of net assets between funds

	Unrestricted Funds (£)	Designated Funds (£)	Restricted Funds (£)	Total (£)
FUND BALANCES AT 31 MARCH 2021 ARE REPRESENTED BY:				
Fixed assets	—	—	39,191	39,191
Net current assets	811,272	79,717	144,889	964,558
Total	811,272	79,717	184,080	1,003,449
FUND BALANCES AT 31 MARCH 2020 ARE REPRESENTED BY:				
Fixed assets	477	—	17,765	18,242
Net current assets	390,335	7,977	124,279	522,300
Total	391,032	7,977	142,044	541,072

14. Operating lease commitments

At the 31 March 2021, the charity had commitments under operating leases as follows:

	Property 2021 (£)	Property 2020 (£)	Equipment 2021 (£)	Equipment 2020 (£)
Within one year	—	42,510	12,304	12,304
Two to five years	—	—	4,168	13,004
Total	—	42,510	16,672	25,308

15. Related party transactions

There were no related party transactions that require disclosure, other than the gifts in kind detailed in note 3.

16. Comparative statement of financial activities

	Unrestricted Funds (£)	Designated Funds (£)	Restricted Funds (£)	Total (£)
INCOME AND ENDOWMENTS FROM:				
Donations and legacies				
• Grants	91,570	—	243,225	340,875
• Donations	234,198	653	9,710	244,560
• Legacies	7,241*	—	—	7,241
Charitable activities	11,537*	—	34,064	45,601
Investments	10*	—	—	10
Total income	417,786	653	287,099	705,540
EXPENDITURE ON:				
Raising funds	143,534	—	—	143,534
Net income available for charitable expenditure	272,195	653	287,099	559,944
Charitable activities	186,944	1,866	281,903	470,713
Total expenditure	332,541	1,866	287,908	622,311
Net income/(expenditure)	85,248	(1,210)	(609)	81,229
Fund balance at 1 April 2019	391,271	9,200	14,115	44,399
Fund balance at 31 March 2020	376,519	7,997	140,304	524,822

Thank you.

We are only able to provide the life changing services we do because of the incredible generosity of our donors. Over the last year, people have given generously through Trusts, personal donations and wills.

All contributions are gratefully received. We would though like to say a particular thank you to the following organisations and individuals who have given over £2,000 and have not asked to remain anonymous. Because of you, we have improved the lives of tens of thousands of people affected by bipolar:

Adint Charitable Trust
 Alice Ellen Cooper Dean Charitable Foundation
 Barbour Foundation
 Basil Samuel Charitable Trust
 Berkshire Community Foundation
 Big Lottery Wales
 Big Lottery - Awards for All (England)
 Big Lottery - Awards for All (Wales)
 Big Lottery - Awards for All (Scotland)
 Charles French Charitable Trust
 Chesire Community Foundation
 CAF Charitable Foundation
 Cambridge Community Foundation
 City of Westminster Charitable Trust
 Comic Relief
 Co-Op Community Foundation
 Dudley of Lancaster Fanc (Merseyside)
 Eirena Rathbone Charitable Trust
 Essex Community Foundation
 Even Cornish Foundation
 Febuary Foundation
 Garfield Weston Foundation
 George A Moore Charitable Trust
 Gordon Trust
 Habersham's Company
 Homekinds Charitable Trust
 Hull & Ealing Charitable Trust
 London Community Response Foundation
 Mary Kinross Charitable Trust
 MIND
 Northern Ireland Community Foundation
 PF Charitable Trust
 Pilkington Genera Charity
 Porticus UK
 Roger & Douglas Turner Trust
 St James's Place Foundation
 Sir Charles Essel Charitable Trust
 Sobell Foundation
 Souler Charitable Trust
 Sovereign Healthcare Trust
 Surrey Community Foundation
 Tamasir Little
 Valuable Charitable Trust
 Walter Guinness Charitable Trust
 William Allen Young

CHARITY NAME:
Bipolar UK Ltd

REGISTERED CHARITY NO:
293340

COMPANY NO:
01955570

REGISTERED OFFICE:
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