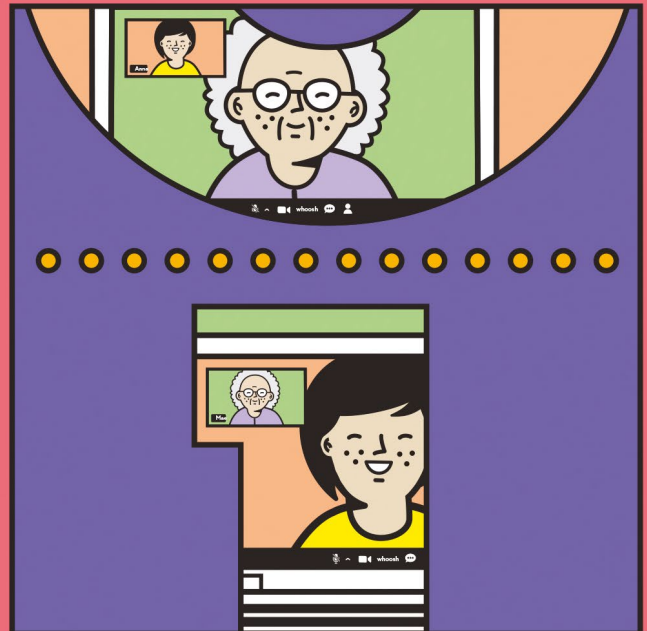
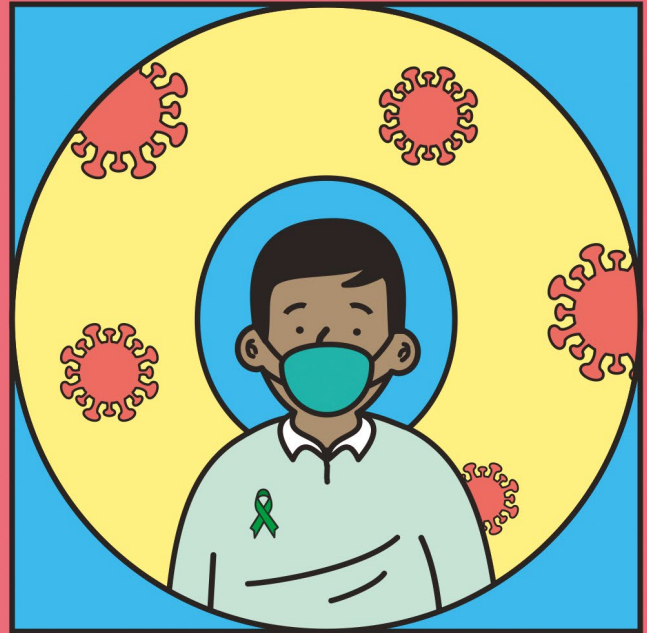


# ANNUAL ACCOUNTS

2020-21







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# Administration



<b>Patron</b>	HRH Princess Alexandra The Hon Lady Ogilvy KG GCVO
<b>Trustees</b>	Aisha Sheikh-Anene (Chair) Kyla Brand (resigned March 2021) Linda de Caestecker (resigned October 2020) Gavin Davidson (joined January 2021) Jonny Jacobs Ann John Chris Martin Jenny Paton (Vice Chair) Karla Portilla (joined May 2021) Richard Scothorne (joined January 2021) Siobhan Sheridan Steve Workman Rosie Tressler OBE Narayanan Vaidyanathan Keith Leslie (resigned July 2020)
<b>Secretary</b>	Adrian Lance
<b>President</b>	Professor Jacqui Dyer OBE
<b>Senior Management Team</b>	Mark Rowland, Chief Executive Anna Kingsley-Nyinah, Director of HR and Wellbeing Antonis Kousoulis, Director for England & Wales Lee Knifton, Director for Scotland & Northern Ireland Sarah Tite, Director of Fundraising & Communication Adrian Lance, Director of Finance & Resources

<b>Registered and principal office</b>	Unit 2 193-197 Long Lane London SE1 4PN  www.mentalhealth.org.uk @mentalhealth mentalhealthfoundation 02350846 (England and Wales) England and Wales: 801130 Scotland: SC 039714
<b>Website</b>	
<b>Twitter</b>	
<b>Facebook</b>	
<b>Company registration number</b>	
<b>Charity registration numbers</b>	
<b>Auditor</b>	Buzzacott LLP 130 Wood Street London EC2V 6DL
<b>Bankers</b>	Coutts & Co 440 Strand London WC2R 0QS
<b>Investment managers</b>	CCLA Investment Management Limited COIF Charity Funds Senator House 85 Queen Victoria Street London EC4V 4ET
<b>Solicitors</b>	Bates Wells Braithwaite London LLP 10 Queen Street Place London EC4R 1BE

# Introduction; Making prevention happen



The last year will be forever remembered for the global pandemic – a seismic event in all of our lives with impact in every area of our society.

Thousands of people have lost their lives, and millions of people have been directly affected by COVID. The long-term consequences of both the virus, and the national effort required to manage the pandemic will have a lasting impact on the lives of individuals and communities, and in the choices available to governments and organisations.

The pandemic has brought a new awareness of public health into our lives and into the decisions our leaders make. Up and down the country people have become aware that to address the public health challenges of our time will take political leadership, individual action, and collective belief. Our own research also tells us that more people than ever have become aware of their own mental health, through the challenges and opportunities they've faced. In this context, and at this time, the need for a charity focused on the prevention of poor mental health has never been clearer.

When we launched our new strategy in 2020, we set out to demonstrate that people's mental health is determined not just by chance, but by a range of factors that can be changed. We made the case that preventing mental ill-health was not just possible but urgent - and would need a radical shift in thinking to achieve. We remain all the more committed to this view.

Good mental health is important for individuals, communities, and nations - and from individual wellbeing to national policy, we can do better. As it stands, the people least likely to enjoy good mental health are the ones who face the greatest challenges and inequalities in life, and that must change.

People living with mental health problems face some of the most challenging inequalities in our society and we need to ensure anyone who needs help can get effective, compassionate, person-centred support. But a public health approach insists we must address the causes of poor mental health as well as the symptoms, especially in the pandemic recovery. We have recognised that our mental health does not operate in a vacuum. During the pandemic we have been active in calling for joined up action to address issues like homelessness, loneliness, crime, poverty, racism, and economic inequality to see a sustained reduction in levels of diagnosable mental ill-health.

It will require sustained action nationally, locally, and individually to achieve the transformation necessary for future generations to reach their potential.

As a charity, we have a vision of good mental health for all. We exist to demonstrate how we can effectively improve people's mental health and remove the barriers that put people's mental health at risk. It is a big mission, and we all have a part to play.

Please join us.

# Who we are



## Our vision

Our vision is good mental health for all.

## Our mission

The Mental Health Foundation works to prevent mental health problems. Helping people understand, protect and sustain their mental health.

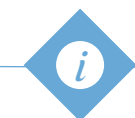
We will drive change towards a mentally healthy society for all, and support communities, families and individuals to live mentally healthier lives, with a particular focus on those at greatest risk.

The Foundation is the home of Mental Health Awareness Week.

## The practical things we do



**1. Tell the world** - why prevention is fundamental to effectively addressing the mental health crisis



**3. Inform and empower** - enable mentally healthier lives through public information and engagement



**2. Find solutions** - innovate universal and targeted evidence-informed community programmes for large numbers of people, generating and sharing evidence of what works in practice to prevent mental health problems, rooted in lived experience



**4. Change policy and practice** - build alliances and champion prevention in policies and changes to society that are adopted by Government and organisations

# Introduction



BY AISHA SHEIKH-ANENE, **Chair of Trustees**  
& MARK ROWLAND, **Chief Executive**

**The 2020/21 financial year started just two weeks into the first UK lockdown of a global pandemic that would go on to become the greatest public health challenge in living memory.**

**In April we were about to press go on an ambitious expansion of our staff capacity – firing the rockets that would move us into a new orbit as a charity, and boldly set us on the path to making prevention happen in mental health.**

Instead, we had to hold that future focus whilst diverting some of our efforts towards ensuring we could continue our mission, supporting staff to work from home and reframing our work to deliver within the operational and mental health challenges of the pandemic.

Our programmes rapidly adapted and rolled out new ways to deliver our work - from delivering art materials by bike to isolated older people, to training teachers online and connecting people through online peer support groups. Our subsidiary Mental Health at Work CIC took their face-to-face workplace programmes online, with a major development in content to meet the challenges of remote working to mental health – with an increase in reach and income from clients across the UK and beyond.

Due to the generosity of our supporters, we were able to play a full part in efforts to support the mental health of the nation, developing one of the UK's leading COVID information hubs and launching a major longitudinal study with four university

partners on the impact of COVID on the UK population. That study has delivered multiple waves of data and has been used directly by the UK and devolved governments for planning.

The study data has directly informed the development of our COVID Response Programme - a major investment of our charitable funds, to provide support directly for some of the communities most affected by the pandemic – it is a new model for us and a major step forward taking primary research into practise.

Mental Health Awareness Week took place in May 2020 – and we made the early decision to change the theme from Sleep to Kindness – a critical commodity as the impact of lockdown was felt. The theme captured the public mood and was one of the most popular in the twenty-year history of the week.

Throughout the pandemic we have placed the wellbeing and psychological safety of our staff at the centre of our attention – with peer support, coaching, enhanced wellbeing

days and leave backed up with investment in technology for home working as well as a priority on balancing personal and home demands, such as home schooling with work delivery. We developed and launched a new set of values based on both the strategy and the aspirations of our people, setting out to become a great place to work, where people do great work.

From the board down, we made a commitment to examine and address our approach to racial justice in our organisation and our work. This review, and the counsel of our Colourful Perspectives staff engagement group has enabled us to develop a clear plan for improving our practise and setting a course as an anti-racist organisation.

As the year progressed, we welcomed people to permanent new roles across the UK, supporting our growth with new and refreshed skills and increased capacity for programme delivery, communications, fundraising and business support.

Our programme of digital transformation continues and in the coming year we will see progress on the redesign of the charity's online presence, enabling us to reach more audiences with relevant content.

As we look ahead – to the coming year and the years beyond we do so with humility and hope. The pandemic has challenged us all in ways we couldn't imagine, but it has also demonstrated the best of humanity, and the central role mental health plays in our lives. With a renewed clarity of purpose, and strong foundations we are energised for the tasks that lie ahead.

A handwritten signature in dark ink, reading 'Aisha Sheikh-Anene'.

AISHA SHEIKH-ANENE  
**Chair of Trustees**

A handwritten signature in dark ink, reading 'Mark Rowland'.

MARK ROWLAND  
**Chief Executive**

# Trustees' report



The trustees (who are also the directors of the charitable company for the purposes of company law) present their statutory report together with the consolidated financial statements of the Mental Health Foundation (the Foundation) and its subsidiary (Mental Health at Work) for the year ended 31 March 2021. The report has been prepared in accordance with Part VIII of the Charities Act 2011 and constitutes a directors' report for the purpose of company legislation.

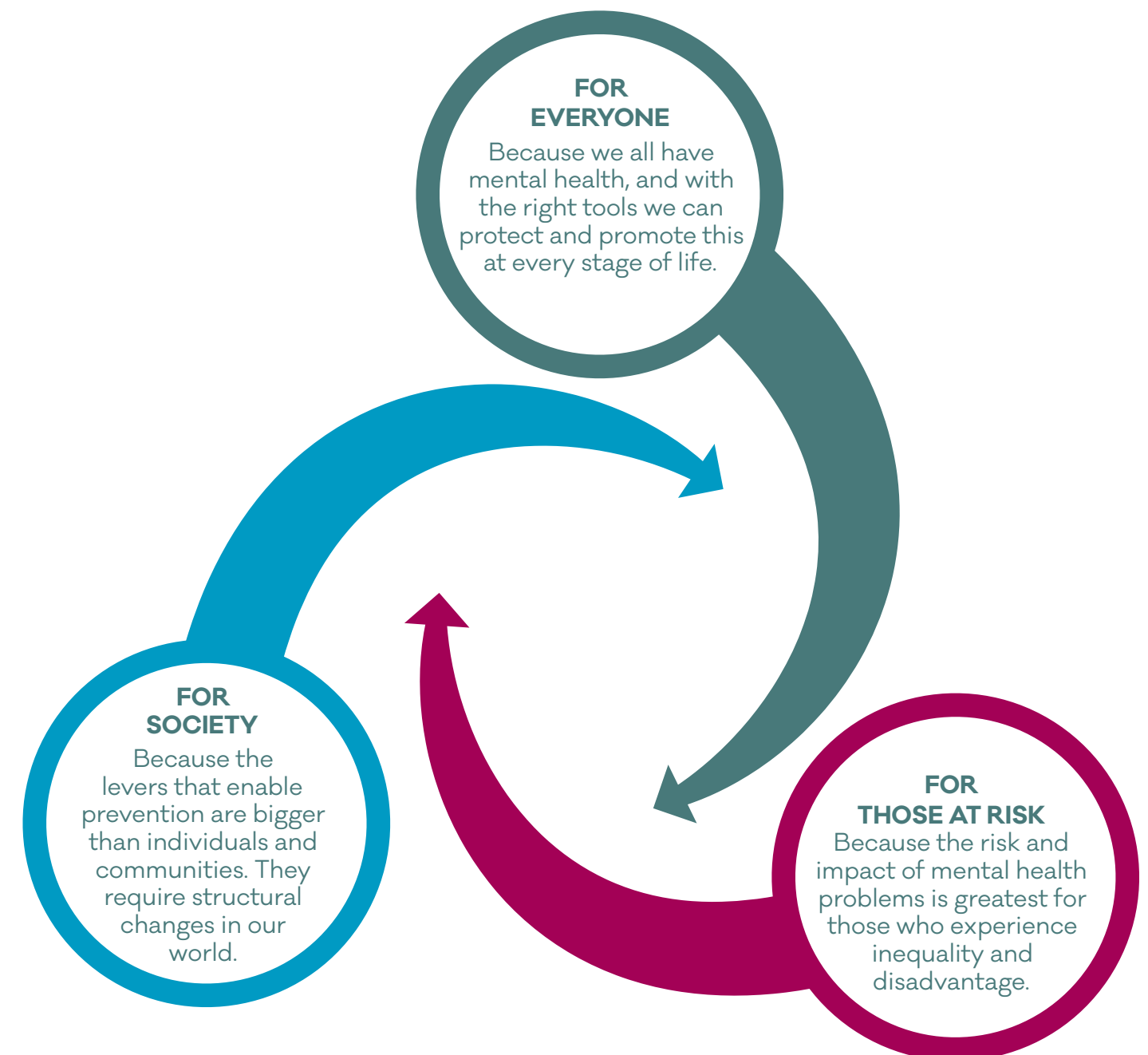
The financial statements have been prepared in accordance with the accounting policies set out on pages 36 - 38 of the attached financial statements and comply with the charitable company's memorandum and articles of association, applicable laws and Accounting and Reporting by Charities: Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102).

The trustees confirm that they have had due regard to Charity Commission's guidance on public benefit.

# Our prevention approach



Our strategy commits us to the development of prevention solutions – informed by the best evidence. We're placing this search for solutions in three key frames



# Our values



**To help us stay true to our mission and vision we have worked together to define our values – Side by side, Determined pioneers, Making a difference and Walking our talk.**

They are who we are and who we strive to be. Working together in unison, they inspire us to be the best we can be and help us to make good decisions while building the foundations for a mentally healthier tomorrow.

And in everything we do we aim to bring these values to life, to create a world where good mental health is for all.

## Side by side

We achieve through working together. We pursue connection and shared understanding. We embrace difference and lived experience. We trust our people and partners, and make space for reflection, fun and personal growth. We recognise, and own our power and privilege, and act with humility.

## Determined Pioneers

We are passionate, committed, strive for excellence and rigour. We wrestle with tough issues and topics, willing to hold tension and complexity. We search for new approaches, challenge convention and push boundaries.

## Making a difference

We are passionate about the role we can play in achieving positive change. We are about the outcome, not the glory. We generate and share evidence of what works. We are creative and action focused.

## Walking our talk

We embrace diversity and operate with openness, prioritising the mental health of our staff and supporters. We recognise and learn from our mistakes and seek honest feedback, without spin. We recognise the need to keep listening and acting with authenticity.





# Objectives & achievements

1

## Tell the World

Why prevention is fundamental to effectively addressing the mental health crisis

### LAST YEAR

Led on the UK-wide Coronavirus: Mental Health in the Pandemic study with the University of Cambridge, Swansea University, the University of Strathclyde and Queen's University Belfast.

Published a state-of-the-generation report, providing the latest evidence on the mental health of adults during key life transitions and how problems can be prevented.

Held an important conference on Mental Health and Prevention in partnership with the King's Fund.

Launched OPEN in April 2021; a diverse, digital community of 2,900 people, across four nations, who have signed up to support our work by sharing their views, experiences and feedback. We have gathered 1,668 individual responses for nine different projects, including the Government's women's health strategy, informed our Mind Over Mirror body image work which received extended media coverage, and helped to make our popular A-Z guides more accessible.

Launched Thriving Learners – a longitudinal study on student mental health and wellbeing funded by Robertson Trust in partnership with Universities Scotland and all of Scotland's higher education establishments. With over 15,000 respondents from learners studying in a Scottish higher education institution this is developing into

one of the most significant national studies of its kind.

Published reports from an exciting research collaboration with Barnardo's Strategic Partnerships for Children and Young People's Mental Health & Wellbeing. Alongside two scoping reviews, the most recently published baseline report provides insights into what supports systems change within children services in Scotland, England and Northern Ireland.

Published our multi-year evaluations from See Me, Scotland's national anti-stigma programme, which was presented at a national conference and has helped to secure a further five years of funding.

Completed a large-scale youth prevalence study for Northern Ireland with the Universities of Queens and Ulster, which we helped launch with NI Government and over 200 stakeholders.

Partnered with Queens University Belfast and the Department of Health in Northern Ireland to produce three reviews of evidence: on international policy and guidance in response to the COVID pandemic, international learnings from recent mental health policies, and transforming mental health services, which helped to inform the NI draft mental health strategy for 2021-31.

### PLANS FOR THE YEAR GOING FORWARD:

We will be engaging OPEN members to gather powerful case studies.

We will complete an important study on the key drivers of poor mental health.

We will complete our Coronavirus: Mental Health in the Pandemic study through gathering insights on its impact on society and mental health. We will be forming recommendations for better mental health for all based on the learning from our data.

We will lead a national mental health stigma scorecard in Scotland based on the Australian model to shape future policy and practice.

We will publish Thriving Learnings Higher Education Student Mental Health and Wellbeing report and launch the second phase with a focus on student mental health and wellbeing within further education colleges.

We will partner with the London School of Economics to produce an up-to-date review of the evidence for the cost of mental illness to the UK and the cost-effectiveness of preventative interventions.

We will conduct research to investigate the relationship between welfare benefit conditions faced by lone parents and the mental health of themselves and their children.

We will complete a ground-breaking study of the impact of poverty shame and stigma on mental health across Scotland. This is part of a strategic partnership with the Poverty Alliance.



# Objectives & achievements



## Find solutions

Innovate universal and targeted evidence-informed community and peer programmes

### LAST YEAR:

As COVID struck we pivoted our programmes to deliver them through online and blended approaches.

.....  
Responded to the COVID pandemic by bringing together funders to create our COVID Response Programme. This has worked with funders to develop projects across the UK that will support some of those most affected by the pandemic.

.....  
Adapted the well-established KidsTime Workshops for online-only delivery format due to COVID, which included the provision of tablets to families and re-writing programme curriculum.

.....  
Expanded our community development programmes with refugees and asylum seekers across Scotland and Wales, who have experienced extreme pressures during COVID. This included adapting our Community Conversation to an online model.

Completed direct delivery projects in Wales – one addressed the isolation faced by the older adult (Standing Together Cymru), and the other addressed the emotional transition of becoming a father using the game of football (Kicking Off Fatherhood).

.....  
Renewed our leadership of See Me, Scotland’s national anti-stigma campaign, (which we manage with SAMH) for the next five years, evolving the programme into a capacity-building model.

.....  
Initiated our Becoming a Man programme through partnerships within Lambeth Council and started delivering work in schools with at risk boys.

### PLANS FOR THE YEAR GOING FORWARD:

Implement our COVID Response Programme through building the capacity of organisations to better respond to the mental health and wellbeing needs of lone parents, people with long term conditions and black and minority ethnic communities.

.....  
Implement our ‘Stress Less’ resource with over 3,000 disadvantaged young people in Edinburgh City and mainstream training with over 70 staff working with 20+ statutory and community-based organisations in partnership with Edinburgh Thrive.

.....  
Work with Edinburgh Council to implement a new programme of support for unaccompanied refugee and asylum seeker children.

Expand our Peer Education Project and our peer-led mental health work in universities through partnerships at a national level in England.

.....  
Scale our Young Mums Connect programme - a peer support model which uses a creative, psychoeducational, whole-family approach to mental health prevention within community settings and workforce training - borough-wide in the Royal Borough of Greenwich and city-wide across Nottingham City.

# Objectives & achievements



## Inform and empower

Enable mentally healthier lives through public information and engagement

### LAST YEAR:

Launched a COVID Resource Hub to provide advice to the public on looking after their mental health during the pandemic. Including support based on the latest evidence, translated into many languages spoken in UK.

We ran a UK-wide campaign on Kindness during Mental Health Awareness Week, and produced a guide to show the positive impact helping others can have on mental health, including some tips on acts of kindness.

Published Thriving With Nature' guidebook with WWF, recognising the important role that nature plays in supporting positive mental wellbeing.

We made advice and support available through our multiple digital channels in the form of articles, podcasts, blogs and campaigns. This includes multi-lingual resources with tips on supporting mental health during the pandemic.

Hosted Voices of Experience, Scotland's national mental health advocacy organisation, to support hundreds of members through the pandemic.

Sourced funding and led 'More Than A Condition' a co-produced digital campaign across Scotland for and by young people experiencing long-term health conditions. With leadership from five young people with long term conditions, the final #MoreThanACondition campaign directly engaged just under 2,500 people online and was seen by an estimated 100,000 people.

### PLANS FOR THE YEAR GOING FORWARD:

Support Voices of Experience to grow so that they can expand their membership and provide expanded support and advocacy for people across Scotland who live with long term and enduring mental health conditions.

Develop and launch a new website that supports the needs of our audiences and helps us reach our ambition to be become the leading digital destination for mental health.

We will produce in partnership with Children's Health Scotland, Digital Bricks and Scottish Government an online professional learning resource for all teachers and staff working in Scotland's schools to provide flexible training and learning on mental health and wellbeing, including important topics such as understanding emotions, talking to children and young people about mental health and body image.

# Objectives & achievements



## Change policy and practice

Build alliances and champion prevention in policies and changes to society that are adopted by Government and organisations

### LAST YEAR:

Our findings from our UK-wide Coronavirus: Mental Health in the Pandemic study was presented at government level with particular engagement from the Scottish Government, Welsh Government, Northern Irish Assembly and UK Cabinet Office. Public Health England (PHE) has been using our reports in briefings about mental health in the pandemic and linked users to the advice we give.

Worked to advocate for appropriate arrangements for future public (mental) health improvement functions for England after the abolition of PHE was announced in August.

In March, we successfully advocated for the inclusion of refugees and asylum seekers in the Government's COVID Mental Health and Wellbeing Recovery Action Plan, as well as the inclusion of specific recognition of the importance of our Mental Health Awareness Week theme of Nature.

As a member of PHE's Prevention and Promotion working group, we provided expert advice on the development of the guidance for the Prevention Stimulus Fund in England. This £15m one-year fund was made available to some of the most deprived local authorities in England to address mental health inequalities, as part of England's COVID Mental

Health and Wellbeing Recovery Action Plan.

In consultation with our stakeholders in Wales, we developed a policy influencing strategy for Wales and a dedicated policy post.

We developed and launched our manifesto, Making Prevention Happen, for the Senedd 2021 Elections.

Renewed Scotland's Mental Health Partnership, taking over the chairing including developing a co-ordinated manifesto and campaign to feed into the Scottish election.

Developed, in consultation with supporters, and launched our manifesto campaign for the Scottish election – **#Wellbeing Society** – to influence party manifestos.

Continued to act as sponsor for Action 4 as part of Scotland's National Suicide Prevention Leadership Group. This includes taking a lead role in the development of the new pilot service for people bereaved by suicide.

Strengthened the prevention and inequalities focus in the Scottish Government's COVID Transition and Recovery Plan.

### PLANS FOR THE YEAR GOING FORWARD:

Influencing work on the future of state public mental health functions in England.

Continue to Chair Scotland's Mental Health Partnership (comprising 17 mental health charities and professional bodies) to collectively influence policy.

Advocate for our recommendations to feature in each of the five main Scottish political parties' election manifestos, and to be translated into the new Programme for Government.

Achieve impact on the Northern Ireland Executive's new 10-year mental health strategy to ensure a prevention focus.

Develop a diverse reference group of citizens who will feed into and shape Scottish Government mental health policy.

Advocate for the Westminster government to commit investment in prevention work, in a sustainable Prevention Fund and increase in the Public Health Grant as part of the three-year Spending Review.

Continue to work in coalition with the Mental Health Policy Group and other mental health leaders in England to advocate for a comprehensive cross-government plan for preventing mental health problems.

Continue to provide advice to government on its development of a Mental Health Policy Tool, which is being designed for government departments to use for assessing the impact of new policy and legislation on people's mental health.

Continue to take a strategic role in suicide prevention in England through membership of the National Suicide Prevention Strategy Advisory Group, and in Scotland with oversight of Scotland's new bereavement support service and membership of National Suicide Prevention Leadership Group. As well as advocate for green social prescribing through membership of the Westminster government's advisory group on the Green Social Prescribing pilots.

Lobby for stronger provisions in the Online Safety Bill. This historic piece of legislation has the potential to legislate against content that is harmful to mental health, especially content related to suicide and self-harm and body image.

Continue to advise on and support the refresh of the Prevention Concordat for Mental Health through membership of PHE's advisory group.

Influence key stakeholders in Wales on our manifesto commitments, in particular, our calls for a national prevention strategy that tackles inequalities.

Continue to work with the Wales Alliance for Mental Health to influence key decisions.



# Fundraising & communications



## OUR APPROACH TO FUNDRAISING

Supporters of the Mental Health Foundation are at the heart of who we are and what we achieve towards our vision of good mental health for all.

We are grateful not just for all the support given but also the trust that is being gifted to us with each donation we receive.

Every donation is helping to transform lives. We would like to extend our thanks to the following for their support.

## ROYAL PATRON

HRH Princess Alexandra The Hon Lady Ogilvy KG GCVO

## FRIENDS OF THE FOUNDATION

Since 2014 the Friends of the Foundation (FoF) have raised over £500k, that have enabled the Foundation to work towards our vision of good mental health for all.

The FoF identified young people as their target area and worked with us to develop an evidence-informed prevention-focused program to help young people (and parents and teachers) better understand mental health and how to protect and sustain it. The result was the peer education program (PEP) which paired year 7 students with year 11 students who were their mentors. The PEP program has since become the only one of the Foundation's programs to be implemented across England, Scotland and Wales and is currently reaching over 20,000 students a year.

During the year it has been decided that the relationship has reached its natural conclusion. Therefore, we want to thank everyone who has been involved with FoF over the years, especially the Chair Fiorella Massey, and wish them well for the future.

## UNRESTRICTED DONATIONS FROM TRUSTS AND FOUNDATIONS (GREATER THAN £1,000)

Peacock Charitable Trust	£ 27,000
Hugh & Mary Miller Bequest	£ 5,000
Souter Charitable Trust	£ 5,000
The Grace Trust	£ 3,000
The William and Mabel Morris Charitable Trust	£ 2,500
Clapp Family Charitable Trust	£ 2,132
Scouloudi Foundation	£ 2,000
Forest Hill Charitable Trust	£ 2,000
Ronald Miller Foundation	£ 1,575

## LEGATORS

**We are grateful to all the people who chose to support the Foundation with a gift in their Will. We have listed below all the legacies where a cash amount or quantifiable notification of more than £10,000 was received during the year 2020/21.**

Walter Derick Pearce	£ 739,954
Stephen Schick	£ 275,000
ML & GE Thorp	£ 105,000
Richard Ian Gravil	£ 80,000
Audrey Kathleen Hemingway	£ 62,000
Ronald George Delany	£ 57,893
Margaret Joan Hudson	£ 40,000
Gweneth May Pearce	£ 35,000
Doris Baer	£ 28,088
John Charles Urquhart	£ 21,975
Olive Liddon-Hart	£ 20,000
Margaret Joan Hudson	£ 20,000
Rosemary Elizabeth Smith	£ 20,000
David William Lambert	£ 18,783
Mrs A M I Del Tufo	£ 15,000
Robert Stanley Molesworth	£ 14,334
Hilda Gertrude Franks	£ 12,559
John Baldwin Cheverton	£ 12,367
Mary Agnew	£ 10,000

# Fundraising & communications



## PUBLIC & COMMUNITY FUNDRAISING

The Mental Health Foundation is committed to ensuring we uphold our duty of care to our supporters, and effective regulation lies at the heart of this. The Foundation's fundraising and communications sub-committee of the board continues to have oversight of the Foundation's ethical policy and fundraising compliance.

We seek to uphold the highest standards of fundraising both of our staff and of the organisations who work on our behalf. We are registered with the Fundraising Regulator and are a member of the Institute of Fundraising as well as the Public Fundraising Operational Users Forum which oversees regulation of face-to-face activities. We have ensured that effective whistle-blowing policies are in place to ensure any poor practice is reported.

We monitor calls and we train fundraisers about how to protect vulnerable people that they engage with, as well as having commercial participator agreements in place with corporate partners. Although we received no formal complaints this year, we continue to monitor concerns that don't necessarily become complaints. We recognise the importance of complying with data regulations while also ensuring we continue to innovate and invest for the future.



## Digital Transformation

Throughout the year, we have continued our work to achieve our ambition of becoming the UK's leading digital destination for mental health. We've grown our digital team and established strong governance structures to ensure that we have the capacity to deliver on our ambition; undertaken audience research so that we can better understand and address what our users want from our website; and selected a partner agency we'll be working with to build our new website platform. Over the year our audiences, both on our website and our social media channels, have continued to grow, our advice and tips on looking after our mental health are reaching more people than ever before.

## Public Fundraising

We continued to connect with not just our wonderful existing but also new supporters in a range of ways throughout the pandemic. When lockdown started, as a team we responded by developing a special 'Thinking of You' postal mailing, so that our less digitally connected supporters did not miss out on our resources and tips on looking after their mental health.

We quickly adapted our fundraising campaigns to be online so that we could continue to reach people who wanted to support our life saving work. We also ensured that we were able to connect safely with people face-to-face, to continue recruiting hundreds of regular supporters. We launched a new campaign to engage our supporters on the telephone, helping to ensure a strong financial foundation.

## Community Fundraising

Our community fundraising income remains strong, despite the challenges faced with restrictions making it difficult for people to carry out their events in person. Supporters just like you quickly adapted to a new, virtual way of fundraising including taking part in our new event Take Action, Get Active. You also blew us away with your innovative ideas for supporting our work: from quizzes, to live DJ sets streamed online, to virtual Yoga sessions – you name it, you did it!

# Fundraising & communications



## CORPORATE PARTNERSHIPS

At the heart of our work to expand our fundraising and engagement is an expansion of our corporate partnerships programme.

Corporate Partnerships pivoted its focus during the pandemic. Our newest and largest partner Zizzi had to temporarily close its doors along with many others from the hospitality sector, and many of our partners had to furlough employees and switch to working from home.

We focused our efforts on providing information and advice to employees in our partner companies as home working for many became the norm. Tips on how to best manage and sustain good mental health coupled with signposting for those who needed additional support meant our resources were shared widely across our partner companies.

£200,00

RECEIVED TOWARDS  
A PROJECT TO  
UNDERSTAND GAMING  
AND MENTAL HEALTH

A welcomed high point in the year was the annual Jingle Jam, the world’s biggest charity gaming event. We were delighted to have been chosen again as one of the beneficiary charities and as ever the event was an astounding success.

We received almost £200,000 enabling us to initiate a research project to better understand gamers’ relationship with their mental health. We plan to create solutions to promote and protect players mental health in the coming year.

We would like to thank the following corporate partners, for their support, direct and in kind.

- Lloyds  
Jingle Jam  
Zizzi Restaurants Ltd  
Manolo Blahnik
- XPS Pensions Group  
Withers LLP  
Brookfield Asset Management Agilent  
Hearst UK

# Spotlight on...



## Lloyd’s

Many UK companies acted quickly during the pandemic, recognising the need for immediate action to provide additional support to UK charities and those most impacted by the crisis.

As part of Lloyd’s support for UK charities, Mental Health Foundation received £300,000 over two years, enabling us to reach 26,400 pupils per year through our peer education programme. It is delivered in secondary schools and provides young people with the tools they need to safeguard their mental health.

In addition they funded Picture This, a project for 120 older people in later life housing. We will create connections for isolated older people who are struggling with loneliness and provide them with training, wifi and equipment, so they are able to access a range of digital and online support, creating connections and improving their wellbeing.

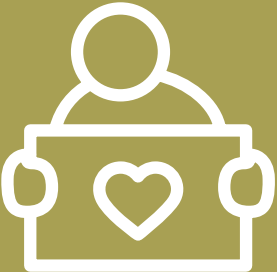
## Mental Health at Work

Our subsidiary, Mental Health at Work CIC, adapted rapidly to meet client needs around workplace mental health training as the pandemic changed working lives for most people. This involved changing content and structure to enable virtual delivery through facilitated workshops and webinars.

Over this period we directly reached 6,941 individuals, a 40% increase over the previous 12 months, directly working in over 50 corporate clients.

Clients included **Anglian Water, Coca Cola, Dell, Mizuho, Unicef** and **Which?**. Virtual delivery brought new business opportunities, enabling more people to be reached and has opened up the global market place for mental health and wellbeing.

In early 2021 work began on global programmes for **MediaCom, WPP** and **Coca Cola**, using research and scoping to ensure that customised content is relevant to each marketplace.



£436,425

RAISED THROUGH CORPORATE  
PARTNERSHIPS 2020/2021



# Mental Health Awareness Week

We have hosted Mental Health Awareness Week (MHAW) since 2001, with its purpose to highlight and promote a universal public mental health message. In previous years, we have examined how anxiety, stress, relationships and body image can impact on our mental health. In response to the lockdown, we decided to change the theme to Kindness to connect with the mood of the nation and provide a message of hope.

Usually, MHAW is a chance for events to take place in schools, universities, clubs, workplaces and communities around the country. This year, due to COVID, we had to use a digital approach instead.

## Highlights:

- All major party leaders and numerous MSPs and MPs engaged with and shared our content, including **Keir Starmer's office** and **Nicola Sturgeon**.
- We met with the Mental Health Minister **Nadine Dorries** and Scottish Mental Health Minister **Clare Haughey**.
- The **Duke and Duchess of Cambridge** engaged with MHAW through radio and TV and social media outputs on three separate occasions.
- The week was covered in primetime **BBC** national TV news and **ITV** national TV news.
- We saw substantive media engagement across all four nations – England, Scotland, Northern Ireland and Wales.
- A very wide and eclectic range of celebrities and public figures engaged with the week including **Kourtney Kardashian**, **Rabbi Jonathan Sacks** and **Dame Kelly Holmes**.
  - We launched a new fundraising campaign called **Take Action, Get Active**. It was a 31-day challenge where supporters signed up to take on 30 minutes of movement every day for the month of May.
  - Our policy document was viewed **3,240** times compared to 312 times for last year's report.



WE SAW A 47%  
GROWTH IN OUR  
SOCIAL MEDIA  
ENGAGEMENT.



WE HAD 1.3 MILLION  
WEBSITE VIEWS —  
75% HIGHER THAN  
LAST YEAR.

# Campaigns



## SCOTTISH MENTAL HEALTH ARTS FESTIVAL

The Scottish Mental Health Arts Festival (SMHAF), led by the Mental Health Foundation, took place as an online programme from 4 May–31 July 2020. The festival programme included more than 75 events over 13 weeks, with over 10,000 online event engagements.

Originally scheduled for May 2020 only, the format was adapted due to COVID and UK-wide lockdown resulting in the enforced closure of arts venues, postponement of live events, and restrictions on large gatherings.

It became clear very quickly that it would not be possible to deliver the festival in its usual form, which usually features around 300 events taking place in regions across Scotland, programmed in collaboration with artists, activists, and local communities. Instead, we worked with partners and funders to deliver SMHAF 2020 online over a longer period - creating space for those involved to adapt and develop new projects and giving audiences an opportunity to enjoy as much of the programme as they could while dealing with the various pressures of life under lockdown.

It was also important that we maintained our commitment to sharing perspectives by hosting online discussions and workshops to facilitate dialogue, conversation, and learning around mental health – a key strategy for converting audiences from viewing or participating in high quality programming to deepening understanding of mental health and addressing stigma.

The theme for SMHAF 2020 was 'Perspectives'. This theme was chosen in collaboration with our network of artists, activists and mental health advocates that develop the festival and its regional programmes. Events were curated to bring together the perspectives of three key groups that shape the festival each year: people with lived experience, artists, and marginalised communities. This focus was reflected in many ways throughout the online programme, with the voices of people with lived experience embedded across all our events, workshops aimed at supporting creative communities, and events and a commission designed to amplify the voices of marginalised communities.



THE MENTAL HEALTH FOUNDATION  
HELD 72% SHARE OF VOICE WHEN  
COMPARED TO ALL MAJOR  
ENGLAND MENTAL HEALTH  
CHARITIES DURING MHAW.





# OUR YEAR IN NUMBERS



over  
**46,000**

people's mental health safeguarded through  
our programmes.

over  
**45,000**

people contributed to our Coronavirus:  
Mental Health in the Pandemic study.



**2,900**

members in our OPEN (Our Personal  
Experience Network) network.



**£307,000**

donated via cash gift.

**£420,000**

donated via Direct Debit.

**£6,322,000**

donated via facebook.



Almost  
**8 million**  
website hits.



**666,184**

People connected via  
social media.

**10,000**

people participated in events during  
Scottish Mental Health Arts Festival



# Financial review

FINANCIAL RESULTS FOR THE YEAR ENDED 31 MARCH 2021

The Foundation recorded a surplus of £5.2m compared to £6.1m the previous year.

## Income – £12.9m (2020: £12.6m)

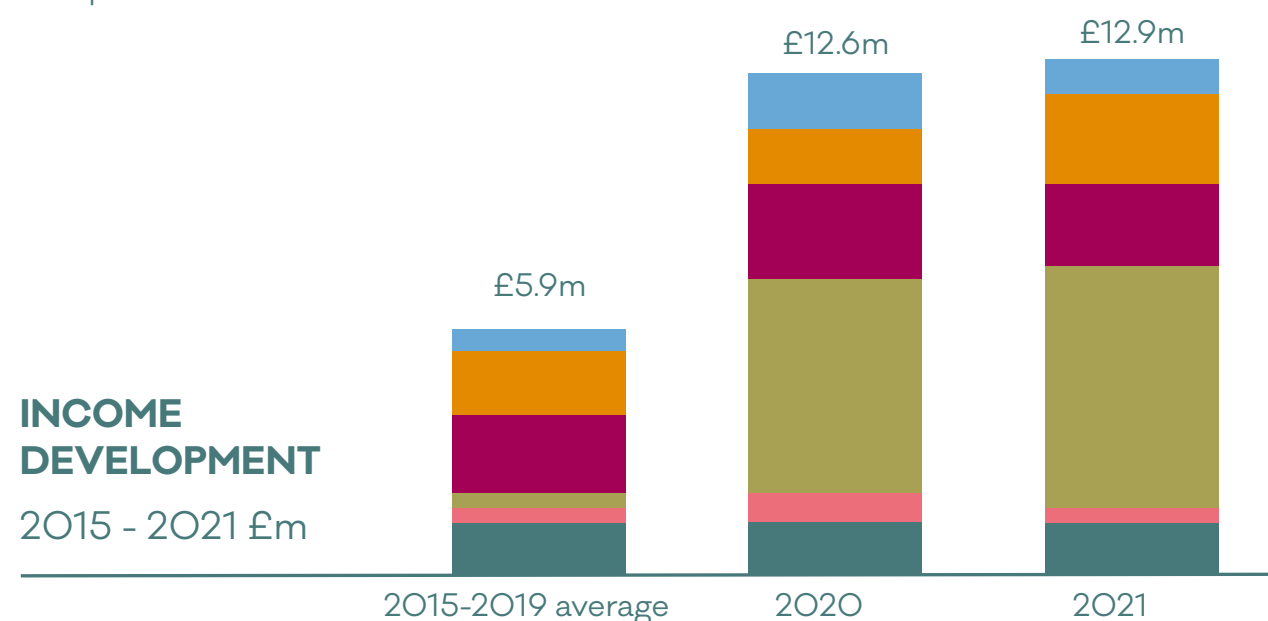
MHF's income shows a slight increase of 2% compared to last year, despite the significant drop in income from events and trading which were affected by the COVID restrictions (£1.2m as opposed to £2m in 2020).

There was a continuous growth in digital fundraising (£6.3m from 5.8m in 2020), where the adverse effects of restrictions for fundraising during the pandemic were not felt. Conversely, there was an increase in support for MHF's vision of good mental health for all.

Whilst legacy income can fluctuate significantly, it remained at a similar level as last year (£1.7m compared to £1.8m in 2020), which represents 13% of total income.

The proportion of restricted income has grown from 12% to 18% this year helping the Foundation to deliver more collaborative programmes of work.

The split of overall income streams, from the average for 2015- 2019, through 2020 to the current year can be seen below and shows the impact of continuous growth in digital fundraising as well as increased grant income in the current year, filling the gap of income loss due to the COVID restrictions.



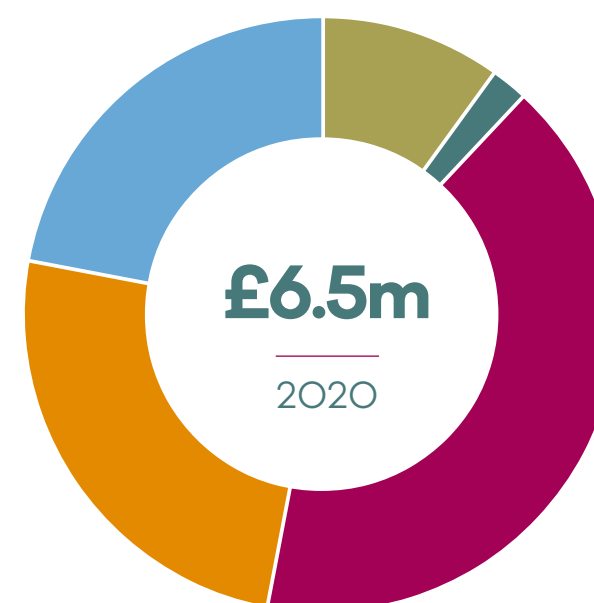
## Expenditure – £7.9m (2020: £6.5m)

The total expenditure increase of £1.4m was principally due to the expanded activities in collaborative mental health programmes combined with the extra investment into our information, education, dissemination and advisory service programmes.

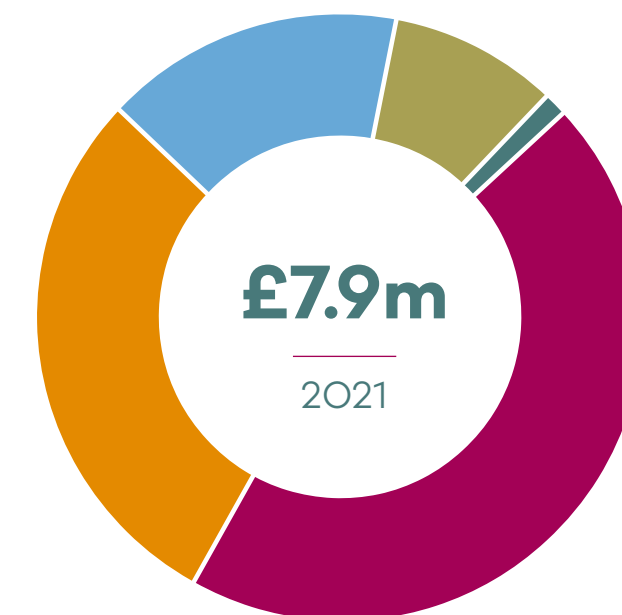
The Learning Disabilities programme was transferred to London South Bank University during this financial year, hence the decreased expenditure under this stream, as well as a decrease in fundraising activities reflecting the decline in income due to the pandemic.

The split of overall expenditure areas of MHF for 2021 and 2020 are shown below.

2019 - 2020



2020 - 2021



For more detailed analysis and explanation of MHF's financial position, including all the statutory requirements, please refer to our Annual Accounts report on our website: <https://rebrand.ly/MHF-reports>.



# FINANCIAL REVIEW

(continued)



## Balance Sheet

### Net Assets £18.5m (2020: £13.3m).

The growth of £5.2m in the Net Assets is mainly reflected in the increase in cash balances invested and held at bank due to the continued generous unrestricted donations together with increase in debtors, influenced mainly by legacy accruals (£1.2m; £0.7m in 2020).

The total net assets are represented by unrestricted funds of £6.5m, restricted funds of £1.5m, designated funds of £10.5m (see details below), and permanent endowment funds of £45k which are to be held indefinitely by the charity.

### Reserves policy

Charities hold reserves for a variety of reasons - to manage the charity's resources where income is subject to uncertainty in terms of timing, to ensure that the charity has sufficient financial resources to meet its upcoming liabilities, and to provide funds which enable the charity to take advantage of new investment opportunities when they arise.

In addition, given the impact of the COVID pandemic and the UK's exit from the EU, revenue streams will come under added pressure going forward, hence, a higher than usual reserve level will ensure we have stability for the coming years.

As noted above, the level of free reserves at 31 March 2021 was £6.5m. This represents about 8 months of expenditure. The trustees estimate that the charity's free reserves should be no less than three months expenditure and therefore this is a more than adequate level of reserves.

However, the trustees have decided that the Foundation should hold an additional amount in readily available cash reserves due to the

potentially uneven receipt of funds from legacies, digital fundraising and any other short-term cash necessity.

As a result, the trustees have set a total reserve level of 6 months which currently equates to £4.5m, so the £6.5m at 31 March 2021 was more than sufficient.

Whilst the trustees recognise that the Foundation's general reserves and cash reserves, £18.5m as of 31st March 2021, are currently significantly above their reserves policy, they anticipate that based on the planned designed fund usage, detailed below, and other planned activities these will be used during the strategy period, whilst enabling the Foundation to manage any impact from the coming period of economic uncertainty highlighted above.

### Designated Fund Allocation

The Foundation is in the fortunate position that we are able to allocate recent surpluses to specific designated funds which will secure the long-term future of the Foundation as well as being able to further the strategic objectives of the Foundation.

Therefore, the designated funds have been allocated to the following three areas:

#### 1. Office Purchases Fund £6.5m

Previously the Foundation was leasing offices in all three locations, London, Glasgow and Cardiff. We identified that it would be the right option to use some of our recent surpluses to purchase offices, ideally in all three locations, hence having assets that will secure its long-term future whilst decreasing on-going operations costs. Post year end, in July 2021, the Foundation purchased a new office in London (£6.0m including refurbishment), close to the previous office, which post refurbishment will be a huge step up in working environment for the staff and

# FINANCIAL REVIEW

(continued)



enable the Foundation to move forward on a strong footing. The search for an office in Glasgow didn't produce anything appropriate so a new lease has been entered into in what will be a huge step up in work environment as well.

The search for an office in Cardiff commences in Autumn 2021 and we are hopeful we will be able to take the learnings from the London office purchase and find the right location for the Foundation to buy.

### 2. COVID Response Programme £2.0m

Following the decision during 2020 to set up a COVID Response Programme to try to help mitigate the impact of COVID upon the public's mental health, which has been profound and unequal, work started in earnest in Spring 2021. The Foundation is focusing on three groups who have been particularly negatively impacted by the COVID pandemic, lone parents, BAME and refugee communities and people with long term physical health conditions. The Foundation's insight has been informed by the evidence generated from its pandemic study which has shown the impact of the pandemic and subsequent lockdowns on the UK population and particular subgroups. The selected groups are also ones where the Foundation has existing experience of evidence-based practice and partnerships that we can draw upon. We have managed to secure matched funding of £1m so far and are looking to see if we can engage with other partners so we can amplify the impact from the programmes.

### 3. Stephen Schick – Resourcing the Strategy Fund £2.0m

With the implementation of the new strategy from 2020-2025, it has been identified that we need to invest in the Foundation to achieve the strategic aims. Therefore, £2.5m was set

aside, which was from the Stephen Schick Legacy, to finance the strengthening of the regional presence of the Foundation across the UK, to invest in fundraising, to develop programmes at scale, and to ensure the future financial sustainability of the Foundation. During the first year of the strategy period, it was decided to use this mainly to invest in increasing staff capacity, which can be seen in the increase in staff numbers from 94 to 113.

### Investment Policy

In light of the extremely generous donations we have had over the last four years, which have given us significant surpluses and hence a cash balance far in excess of what is required under the reserves policy, the trustees have decided that an element of these should be invested.

The rationale for this is that trustees have a duty to use the charitable assets to further the charity's aims, which in the case of financial investments will usually involve seeking the maximum return consistent with commercial prudence whilst ensuring a diversified portfolio.

Therefore, the trustees have decided that a mixed portfolio of property, investment fund(s) and cash is suitable for the Foundation.

The selected investment fund needed to be in line with the Foundation's aims, whilst providing a good risk/return profile.

The fund was deliberately chosen with ethical, environmental and sustainable criteria in mind.

Based on this the CCLA Charities Ethical Investment Fund <https://rebrand.ly/ccla-ethical-investment> was selected and £5m invested during the financial year 2020-21 which grew to £5.2m as at 31st March 2021.

# Structure, governance & management



## Constitution

The Mental Health Foundation is constituted as a company limited by guarantee, Company Registration No. 2350846 (England and Wales), and is a registered charity, Charity Registration Nos. 801130 (England and Wales) and SC 039714 (Scotland).

The Group's subsidiary, Mental Health At Work CIC, is a company limited by shares, Company Registration No. 10473373 (England and Wales).

## Members' liability

In the event of the charitable company being wound up during the period of membership or within the year following, company members are required to contribute an amount not exceeding £1.

## Trustees

The trustees constitute directors of the charitable company for the purposes of the Companies Act 2006 and are also members of the charitable company.

Trustees are appointed for an initial three-year term and may be re-elected for a further two three-year periods. In exceptional circumstances the board may resolve that a trustee may serve one further term of a maximum of three years. At any one time there must be a minimum of three trustees.

The recruitment of trustees is carried out by the Governance Committee which recommends individuals to be appointed by the Board as a whole. New trustees are sought through a number of different routes - from time-to-time trustee posts may be advertised.

## Trustee induction and training

New trustees' induction is carried out by the chair and chief executive and they are additionally invited to spend time with any department of the Foundation in which they are interested. Training is provided as required.

## Trustee meetings

The trustees must hold at least four Board meetings each year. In addition, the Board has four sub-committees which usually meet quarterly: Finance & People, Fundraising & Communications, Delivery & Development and Governance.

## Statement of trustees' responsibilities

The trustees (who are also directors of the Mental Health Foundation for the purposes of company law) are responsible for preparing the trustees' report and 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 the group and of the income and expenditure of the charitable company and the 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 Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their

## STRUCTURE, GOVERNANCE AND MANAGEMENT

(continued)



accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102);

- make judgements and estimates that are reasonable and prudent;
- state whether applicable United Kingdom Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The trustees are responsible for keeping proper 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 the group and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Each of the trustees confirms that:

- so far as the trustee is aware, there is no relevant audit information of which the charitable company's auditor is unaware; and
- the trustee has taken all the steps that he/she ought to have taken as a trustee in order to make himself/herself aware of any relevant audit information and to establish that the charitable company's auditor is aware of that information.

This confirmation is given and should be interpreted in accordance with the provisions of s418 of the Companies Act 2006.

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.

## Management arrangements

The trustees delegate the management of the Foundation to the staff team led by the chief executive and the senior management team (SMT). The chief executive has been in place since October 2018 and the full current SMT has been in place since January 2020.

## Appointment policy

The Mental Health Foundation is an equal opportunities employer and applies objective criteria to assess merit. It ensures that no job applicant or employee receives less favourable treatment on the grounds of age, race, colour, nationality, religion, ethnic or national origin, gender, marital status, sexual orientation or disability.

Selection criteria and procedures are reviewed regularly to ensure that individuals are appointed and promoted on the basis of their relevant merits and abilities.

## Wellbeing, Diversity and Inclusion

The Foundation is dedicated to the holistic wellbeing of colleagues and provides both traditional and bespoke support for staff such as an employee assistance scheme and in-house training for managers on

## STRUCTURE, GOVERNANCE AND MANAGEMENT

(continued)



mental health in the workplace. We are deepening our understanding of how to fully embrace and celebrate all differences in our people and striving to create a sense of real belonging. A staff-informed process of continuous improvement is at the heart of developing action plans that demonstrate these commitments and we have signed up to the race at Work Charter and the Disability Confident Scheme.

### Remuneration policy

The Mental Health Foundation is committed to ensuring a fair and equal remuneration process for all staff so that we can ensure all staff are paid appropriately for the work they do for us. The key management personnel of the charity comprise the trustees and the senior management team (SMT). The overall responsibility of the charity lies with the trustees who have delegated the day-to-day management of the charity to the SMT.

Responsibility for setting salaries for the CEO and members of the SMT rests with the trustees; responsibility for setting other salaries has been delegated to the SMT and CEO.

The Foundation has a pay and benefits system which provides a clear structure for salaries for new appointments and for salary progression for existing staff as well as clear criteria for evaluating and benchmarking new and changing roles for equitable pay.

### Pension arrangements

The Foundation operates a non-contributory individual money-purchase scheme for all eligible members of staff, contributing 10% of pensionable salary to each employee's fund. Employees can additionally choose to make employee contributions to their pension. The scheme is fully compliant with auto-enrolment regulations.

### Project delivery

Projects are delivered through a combination of in-house and external research, practice development, publications and other dissemination activities. Projects are supported by advisory committees of experts, if required. The Foundation has well-developed links with central government, the Scottish and Welsh governments, health, local government, housing and social services bodies across the United Kingdom, as well as professional bodies, academic research centres and voluntary sector organisations. It is committed to partnership work wherever this will maximise effectiveness and impact.

The Foundation has working relationships with many organisations, as described above. These are carefully curated in order to add value to the nature and content of the programmes as effectively as possible.

### Risk management

The senior management team takes the lead in reviewing the key risks facing the Mental Health Foundation on a regular basis, after considering input from across the organisation. These are documented in a risk register, which is reviewed by the finance and people committee and approved by the trustees at least annually.

The risk register is updated to reflect recent operational and financial developments, strategic annual organisational objectives, and changes in the external environment. Each risk item is analysed according to its perceived potential impact and likelihood of occurrence, together with actions that either have been, or will be, taken in mitigation.

## STRUCTURE, GOVERNANCE AND MANAGEMENT

(continued)



The on-going impact of COVID has changed the nature of some risks and highlighted new ones. Some of these risks have been more short-term in nature, e.g. how we move overnight from an organisation that is office based to one that works remotely and are being managed, whilst others will prove to be more enduring. The Foundation is in the fortunate position that the impact on income felt by so many of our peer organisations has not been felt in the same way so the need for short-term financial business continuity adjustments has not been necessary, although we will continue to monitor this going forward.

The principal risks currently facing the organisation are:

- Reputation and trust, including GDPR and fundraising regulation contravention and other legal claims.
- Failure to ensure the health and wellbeing of employees especially during the COVID crisis but also relating to wider issues and beyond.
- Failure to deliver on the new strategic plan and hence not being able to demonstrate the good done.
- A vulnerable person is exploited or harmed.
- A significant decrease in unrestricted income.

The plans and strategies for managing these risks are:

- Comprehensive induction process where all staff are trained on all legal requirements and the Foundation's values. Enhanced cybersecurity processes including information security policies and procedures and advanced email protection.

- Communication to and feedback from staff on plans and strategies during the COVID pandemic. Review of what provisions employees need with the new working arrangements. As offices reopen, full risk assessments, consultation and implementations plans have been in place. In addition, a stress risk assessment has been undertaken to identify any further areas that need addressing.
- Regular review by the senior management team and trustees of progress against the strategic plans. Clear identification of internal and external risks and issues as they arise and flexibility of approach. Careful communications strategy with contingency arrangements.
- Our safeguarding policy includes provision for a designated safeguarding officer who has responsibility for ensuring all staff who have contact with vulnerable adults and children are aware of their responsibility under the policy and the law.
- The Foundation has enhanced its Fundraising team so that new avenues of income can be explored.

Relating to the principal risks listed last year these are the main actions the charity has taken:

- The new five-year strategy has been implemented following staff and other stakeholder consultation including the vision and mission and our new aims and values. It has been reviewed after the first year and in light of COVID to see if it is still fit for purpose and a few minor clarifications are being proposed but it still holds well.
- When offices were opened during the year, strict COVID regulations were put in place



## STRUCTURE, GOVERNANCE AND MANAGEMENT

(continued)

to ensure the wellbeing of staff. Staff have been involved in the plans for new offices to ensure that they will provide a high-quality work environment to enhance their wellbeing.

- The stewardship of the Foundation has been strengthened in the leadership team within the organisation but also by the recruitment of a number of new trustees.
- During the year the replacement of the website as part of a wider digital project has advanced to enable us to ensure we are engaging with donors and the wider population and understanding how we can try and sustain this for the long term.

The trustees have confirmed that there are procedures in line with key risks and other identified risks to prevent or manage their effects. These procedures include implementation of control systems and processes throughout the entire organisation, the transfer of risk to external insurers, and the management of risks that cannot be avoided.

**The trustee's report, prepared under the Charities Act 2011, which also contains all information required in a Director's report by the Companies Act 2006, and the incorporated strategic report, prepared under the Companies Act 2006, were approved by and signed on behalf of the trustees**

**Approved by and signed on behalf of the trustees**



24.11.21

AISHA SHEIKH-ANENE  
**Chair of Trustees**

# Independent auditor's report

TO THE TRUSTEES AND MEMBERS OF THE MENTAL HEALTH FOUNDATION

We have audited the financial statements of the Mental Health Foundation (the 'charitable parent company') and its subsidiary (the 'group') for the year ended 31 March 2021 which comprise the consolidated statement of financial activities, the charitable parent company and group balance sheets, the consolidated statement of cash flows, the principal accounting policies and the notes to the financial statements. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 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 parent company's affairs and those of the group as at 31 March 2021 and of the group's 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, the Charities and Trustee Investment (Scotland) Act 2005 and regulation 8 of the Charities Accounts (Scotland) Regulations 2006 (as amended).

### 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 parent company and group 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 the charitable company's or the group'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 annual report

## INDEPENDENT AUDITOR'S REPORT

(continued)

and consolidated financial statements, other than the financial statements and our auditor's report thereon. 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 undertaken in the course of the audit:

- the information given in the trustees' report, which is also the directors' report for the purposes of company law and includes the strategic report, for the financial year for which the financial statements are prepared is consistent with the financial statements; and

- the trustees' report, which is also the directors' report for the purposes of company law and includes the strategic 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 parent company and of the group and their environment obtained in the course of the audit, we have not identified material misstatements in the trustees' report including the strategic report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 and the Charities Accounts (Scotland) Regulations 2006 (as amended) requires us to report to you if, in our opinion:

- proper and 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

### Responsibilities of trustees

As explained more fully in the trustees' responsibilities statement, the trustees (who are also the directors of the charitable

## INDEPENDENT AUDITOR'S REPORT

(continued)

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 parent company's and the group'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 parent 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.

### *How the audit was considered capable of detecting irregularities including fraud*

Our approach to identifying and assessing the risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, was as follows:

- The engagement partner ensured that the engagement team collectively had the appropriate competence, capabilities and skills to identify or recognise non-compliance with applicable laws and regulations;
- We identified the laws and regulations applicable to the charitable parent company and the group through discussions with key management and from our knowledge and experience of the charity sector;
- We focused on specific laws and regulations which we considered may have a direct material effect on the accounts or the activities of the charitable parent company and group. These included but were not limited to the Companies Act 2006, the Charities Act 2011 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable to the

## INDEPENDENT AUDITOR'S REPORT

(continued)

United Kingdom and Republic of Ireland (FRS 102) (effective 1 January 2019) and the Code of Fundraising Practice; and

- We assessed the extent of compliance with the laws and regulations identified above through making enquiries of key management and review of minutes of trustees' meetings.

We assessed the susceptibility of the charity's financial statements to material misstatement, including obtaining an understanding of how fraud might occur, by:

- Making enquiries of key management as to where they considered there was susceptibility to fraud and their knowledge of actual, suspected and alleged fraud; and
- Considering the internal controls in place to mitigate risks of fraud and non-compliance with laws and regulations.

To address the risk of fraud through management bias and override of controls, we:

- Tested and reviewed journal entries to identify unusual transactions;
- Carried out substantive testing of expenditure including the authorisation thereof;
- Assessed whether judgements and assumptions made in determining the accounting estimates were indicative of potential bias; and
- Investigated the rationale behind significant or unusual transactions.

In response to the risk of irregularities and non-compliance with laws and regulations, we designed procedures which included, but were not limited to:

- Agreeing financial statement disclosures to underlying supporting documentation;
- Reading the minutes of meetings of trustees; and
- Enquiring of as to actual and potential litigation and claims.

There are inherent limitations in our audit procedures described above. The more removed that laws and regulations are from financial transactions, the less likely it is that we would become aware of non-compliance. Auditing standards also limit the audit procedures required to identify non-compliance with laws and regulations to enquiry of the trustees and other management and the inspection of regulatory and legal correspondence, if any.

Material misstatements that arise due to fraud can be harder to detect than those that arise from error as they may involve deliberate concealment or collusion.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at [www.frc.org.uk/auditorsresponsibilities](http://www.frc.org.uk/auditorsresponsibilities). This description forms part of our auditor's report.

## INDEPENDENT AUDITOR'S REPORT

(continued)

### 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 and to the charity's trustees as a body, in accordance with Section 44(1) (c) of the Charities and Trustee Investment (Scotland) Act 2005 and Regulation 10 of the Charities Accounts (Scotland) Regulations 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.



**Amanda Francis**

**2 December 2021**

Senior Statutory Auditor

For and on behalf of Buzzacott LLP, Statutory Auditor

130 Wood Street  
London  
EC2V 6DL

Buzzacott LLP is eligible to act as an auditor in terms of section 1212 of the Companies Act 2006.



# GROUP STATEMENT OF FINANCIAL ACTIVITIES

(including income and expenditure account)

YEAR TO 31 MARCH 2021

Group	Note	Unrestricted funds £'000	Restricted funds £'000	Designated funds £'000	Permanent endowment funds £'000	Total 2021 funds £'000	Total 2020 funds £'000
<b>Income from:</b>							
Donations		7,671	19	—	—	<b>7,690</b>	7,174
Legacies		1,730	—	—	—	<b>1,730</b>	1,833
Fundraising events		376	—	—	—	<b>376</b>	904
Investments		12	—	—	—	<b>12</b>	43
Charitable activities				—			
- Statutory grants receivable	1	—	559	—	—	<b>559</b>	370
- Other grants	1	33	1,686	—	—	<b>1,719</b>	1,177
- Charitable trading activities	2	769	16	—	—	<b>785</b>	1,106
<b>Total income</b>		<b>10,591</b>	<b>2,280</b>	<b>—</b>	<b>—</b>	<b>12,871</b>	<b>12,606</b>
<b>Expenditure on:</b>							
Raising funds		1,946	—	—	—	<b>1,946</b>	2,053
Charitable activities	3						
- Mental Health Programmes		1,832	1,729	—	—	<b>3,561</b>	2,675
- FPLD		39	58	—	—	<b>97</b>	152
- Information, education, dissemination and advisory services programme		1,742	564	—	—	<b>2,306</b>	1,621
<b>Total expenditure</b>		<b>5,559</b>	<b>2,351</b>	<b>—</b>	<b>—</b>	<b>7,910</b>	<b>6,501</b>
Operating income (expenditure) for the year before transfers		5,032	(71)	—	—	<b>4,961</b>	6,105
Unrealised gains on investment		208	—	—	—	<b>208</b>	—
Net income (expenditure) for the year before transfers	5	5,240	(71)	—	—	<b>5,169</b>	6,105
<b>Transfers between funds</b>	14	(1,064)	564	500	—	<b>—</b>	<b>—</b>
<b>Net movement in funds</b>		<b>4,176</b>	<b>493</b>	<b>500</b>	<b>—</b>	<b>5,169</b>	<b>6,105</b>
<b>Reconciliation of funds:</b>							
Funds brought forward at 1 April 2020		2,315	967	10,000	<b>45</b>	<b>13,327</b>	7,222
<b>Funds carried forward at 31 March 2021</b>		<b>6,491</b>	<b>1,460</b>	<b>10,500</b>	<b>45</b>	<b>18,496</b>	<b>13,327</b>

All of the group's activities derived from continuing operations during the above two financial periods. A full comparative statement of financial activities for the previous year is shown in note 21 to these financial statements.

# CHARITY STATEMENT OF FINANCIAL ACTIVITIES

(including income and expenditure account)

YEAR TO 31 MARCH 2021

Charity	Note	Unrestricted funds £'000	Restricted funds £'000	Designated funds £'000	Permanent endowment funds £'000	Total 2021 funds £'000	Total 2020 funds £'000
<b>Income from:</b>							
Donations		7,671	19	—	—	<b>7,690</b>	7,174
Legacies		1,730	—	—	—	<b>1,730</b>	1,833
Fundraising events		376	—	—	—	<b>376</b>	904
Investments		12	—	—	—	<b>12</b>	43
Charitable activities							
- Statutory grants receivable	1	—	559	—	—	<b>559</b>	370
- Other grants	1	33	1,686	—	—	<b>1,719</b>	1,177
- Charitable trading activities	2	103	16	—	—	<b>119</b>	439
<b>Total income</b>		<b>9,925</b>	<b>2,280</b>	<b>—</b>	<b>—</b>	<b>12,205</b>	<b>11,939</b>
<b>Expenditure on:</b>							
Raising funds		1,288	—	—	—	<b>1,288</b>	1,416
Charitable activities	3						
- Mental Health Programmes		1,832	1,729	—	—	<b>3,561</b>	2,675
- FPLD		39	58	—	—	<b>97</b>	152
- Information, education, dissemination and advisory services programme		1,742	564	—	—	<b>2,306</b>	1,621
<b>Total expenditure</b>		<b>4,901</b>	<b>2,351</b>	<b>—</b>	<b>—</b>	<b>7,252</b>	<b>5,864</b>
Operating income (expenditure) for the year before transfers		5,024	(71)	—	—	<b>4,953</b>	6,075
Unrealised gains on investment		208	—	—	—	<b>208</b>	—
Net income (expenditure) for the year before transfers	5	5,232	(71)	—	—	<b>5,161</b>	6,075
<b>Transfers between funds</b>	14	(1,064)	564	500	—	<b>—</b>	<b>—</b>
<b>Net movement in funds</b>		<b>4,168</b>	<b>564</b>	<b>500</b>	<b>—</b>	<b>5,161</b>	<b>6,075</b>
<b>Reconciliation of funds:</b>							
Funds brought forward at 1 April 2020		2,147	967	10,000	<b>45</b>	<b>13,159</b>	7,084
<b>Funds carried forward at 31 March 2021</b>		<b>6,315</b>	<b>1,460</b>	<b>10,500</b>	<b>45</b>	<b>18,320</b>	<b>13,159</b>

All of the charity's activities derived from continuing operations during the above two financial periods. A full comparative statement of financial activities for the previous year is shown in the appendix to these financial statements.

# BALANCE SHEETS

AS AT 31 MARCH 2021

	Notes	Group		Charity	
		2021 £'000	2020 £'000	2021 £'000	2020 £'000
<b>Fixed assets</b>					
Tangible assets	10	23	28	21	28
Investments	11	5,208	45	5,208	45
		<b>5,231</b>	73	<b>5,229</b>	73
<b>Current assets</b>					
Debtors	12	2,515	1,878	2,360	1,740
Investments	11	-	408	-	408
Cash at bank and in hand		11,846	12,031	11,360	11,618
		<b>14,361</b>	14,317	<b>13,720</b>	13,766
<b>Liabilities</b>					
Creditors: amounts falling due within one year	13	(1,096)	(1,063)	(629)	(680)
<b>Net current assets</b>		<b>13,265</b>	13,254	<b>13,091</b>	13,986
<b>Total net assets</b>		<b>18,496</b>	13,327	<b>18,320</b>	13,159

REPRESENTED BY: FUNDS AND RESERVES

*Income funds*

Unrestricted funds		6,491	2,315	6,315	2,147
Designated funds	14	10,500	10,000	10,500	10,000
Restricted funds	15	1,460	967	1,460	967
		<b>18,451</b>	13,282	<b>18,275</b>	13,114

*Capital funds*

Permanent endowment funds	16	45	45	45	45
		<b>18,496</b>	13,327	<b>18,320</b>	13,159

Signed on behalf of the trustees by:



24.11.21

AISHA SHEIKH-ANENE  
Chair of Trustees

Mental Health Foundation, Company Limited by Guarantee  
Registration Number 02350846 (England and Wales)  
Approved by the trustees on 11 November 2020

# GROUP STATEMENT OF CASH FLOWS

YEAR TO 31 MARCH 2021

	Notes	2021 £'000	2020 £'000
<b>Cash flows from operating activities:</b>			
Net cash provided by operating activities	A	<b>4,352</b>	8,555
<b>Cash flows from investing activities:</b>			
Investment income received		12	43
Purchase of tangible fixed assets		(1)	(33)
Release of fixed asset cash deposit		45	—
Long term cash investment		(5,000)	—
<b>Net cash provided by investing activities</b>		<b>(4,944)</b>	10
<b>Change in cash and cash equivalents in the year</b>		<b>(592)</b>	8,565
<b>Cash and cash equivalents at 1 April 2020</b>	B	<b>12,438</b>	3,874
<b>Cash and cash equivalents at 31 March 2021</b>	B	<b>11,846</b>	12,438

## NOTES TO THE STATEMENT OF CASH FLOWS FOR THE YEAR TO 31 MARCH 2020.

A: Reconciliation of net movement in funds to net cash provided by operating activities

	2021 £'000	2020 £'000
<b>Net movement in funds (as per the statement of financial activities)</b>	<b>5,169</b>	6,105
<b>Adjustments for:</b>		
Depreciation Charge for the year	7	5
Interest Received	(12)	(43)
Unrealised investment gain	(208)	—
(Increase)/decrease in Debtors	(637)	2,113
Increase/(decrease) in Creditors	33	375
<b>Net cash provided by operating activities</b>	<b>4,352</b>	8,555

B: Analysis of cash and cash equivalents

	2021 £'000	2020 £'000
<b>Total cash and cash equivalents:</b>		
Cash at bank and in hand	11,846	12,030
Short term cash investments	—	408
	<b>11,846</b>	12,438

No separate statement of changes in net debt has been prepared as there is no difference between the movements in cash and cash equivalents and movement in net cash (debt).



# Principal accounting policies



## Basis of accounting

These financial statements have been prepared for the year to 31 March 2021 with comparative information provided in respect to the year to 31 March 2020.

The financial statements have been prepared under the historical cost convention with items initially recognised at cost or transaction value unless otherwise stated in the relevant accounting policies below or the notes to the financial statements.

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 (Charities SORP FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

The charity constitutes a public benefit entity as defined by FRS 102.

The financial statements are presented in sterling and are rounded to the nearest pound.

## Basis of consolidation

The consolidated financial statements of the Group incorporate the financial statements of Mental Health Foundation and its subsidiary undertaking Mental Health At Work CIC. The net income attributable to the charity in the year was £4,952,876 (2021: £6,075,098). There were no other recognised gains and losses attributable to the charity.

## Assessment of going concern

The trustees have assessed whether the use of the going concern assumption is appropriate in preparing these financial statements. The trustees have made this assessment in respect to a period of at least one year from the date of approval of these financial statements.

Specifically they have reviewed the significant impact the COVID pandemic has had on the total economy and more pertinently the charity sector and concluded that any potential downside risk is not material enough to alter the going concern assessment.

The trustees have concluded that there are no material uncertainties related to events or conditions that may cast significant doubt on the ability of the charity to continue as a going concern.



## PRINCIPAL ACCOUNTING POLICIES

(continued)

### Income recognition

Income is recognised in the period in which the charity is entitled to receipt, the amount can be measured reliably, and it is probable that the funds will be received.

Income is deferred only when the charity has to fulfil conditions before becoming entitled to it or where the donor or funder has specified that the income is to be expended in a future accounting period.

Income comprises donations, legacies, income from fundraising events, interest receivable, investment income, grants and other trading income.

Donations and income from events are recognised when the charity has confirmation of both the amount and settlement date. In the event of donations pledged but not received, the amount is accrued for where the receipt is considered probable. In the event that a donation is subject to conditions that require a level of performance before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that those conditions will be fulfilled in the reporting period.

Legacies are included in the statement of financial activities when the charity is entitled to the legacy, the executors have established that there are sufficient surplus assets in the estate to pay the legacy, and any conditions attached to the legacy are

within the control of the charity. 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.

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 to the charity that a distribution will be made; or
- a distribution is received from the estate.

Where legacies have been notified to the charity, or the charity is aware of the granting of probate, but the criteria for income recognition have not been met, the legacy is treated as a contingent asset and disclosed if material. In the event that the gift is in the form of an asset other than cash, or a financial asset traded on a recognised stock exchange, recognition is subject to the value of the gift being reliably measurable with a degree of reasonable accuracy and the title of the asset having being transferred to the charity.

Grants and donations from government, other statutory agencies and charitable bodies are included as income from charitable activities where these amount to a contract for service or where they are specific to particular activities. Along with income of a contractual nature and income generated from trading and commercial

## PRINCIPAL ACCOUNTING POLICIES

(continued)

sources, they are recognised to the extent that it is probable that the economic benefits will flow to the charity and the revenue can be reliably measured. All such income is measured as the fair value of the consideration received or receivable, excluding discounts, rebates, value added tax and other sales taxes.

Other trading income is recognised to the extent that it is probable that the economic benefits will flow to the charity and the revenue can be reliably measured.

Investment income is recognised once the dividend or interest has been declared and notification has been received of the amount due.

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.

### Expenditure recognition

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to make a payment to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably.

All expenditure is accounted for on an accruals basis. Expenditure comprises direct costs and support costs. All expenses, including support costs, are allocated or apportioned to the applicable

expenditure headings. The classification between activities is as follows:

- Expenditure on raising funds include the salaries, direct costs and support costs associated with generating donated income.
- Expenditure on charitable activities, including grants payable, comprises expenditure on the charity's primary charitable purposes as described in the trustees' report.

Welfare grants payable to individuals are included in the statement of financial activities when approved.

Grants or award funding to institutions are included in full in the statement of financial activities when the award agreement has been returned, completed and signed, by the recipient. Small final instalments of some award grant payments are subject to receipt of a satisfactory final report on the award project.

### Allocation of support and governance costs

Support costs represent indirect charitable expenditure. In order to carry out the primary purposes of the charity it is necessary to provide support in the form of personnel development, financial procedures, provision of office services and equipment and a suitable working environment.

Governance costs comprise the costs involving the public accountability of the

# PRINCIPAL ACCOUNTING POLICIES

(continued)

charity (including audit costs) and costs in respect to its compliance with regulation and good practice.

Support costs and governance costs are apportioned using percentages based on the time spent on the activities by the employees of the charity.

### Tangible fixed assets

All assets costing more than £1,000 and with an expected useful life exceeding one year are capitalised.

Expenditure on the purchase and replacement of fixtures, fittings and equipment is capitalised and depreciated, on a straight-line basis, over a period ranging from 3 to 10 years, in order to write off each asset over its estimated useful life.

### Investments

Cash deposits held in interest earning accounts and held for the long term are classified as fixed asset investments.

Investments in unlisted companies are included on the balance sheet at a valuation determined by the trustees, calculated having regard to the net asset value of the relevant company at the balance sheet date.

### Debtors

Debtors are recognised at their settlement amount, less any provision for non-recoverability. Prepayments are valued at the amount prepaid. Debtors have been discounted to the present value of the future cash receipt where such discounting is material.

### Cash at bank and in hand

Cash at bank and in hand represents such accounts and instruments that are available on demand or have a maturity of less than three months from the date of acquisition. Deposits for more than three months but less than one year have been disclosed as current asset investments. Cash placed on deposit for more than one year is disclosed as a fixed asset investment.

### Creditors and provisions

Creditors and provisions are recognised when there is an obligation at the balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably. Creditors and provisions are recognised at the amount the charity anticipates it will pay to settle the debt.

They have been discounted to the present value of the future cash payment where such discounting is material.

# PRINCIPAL ACCOUNTING POLICIES

(continued)

### Fund structure

The general fund comprises those monies which may be used towards meeting the charitable objectives of the charity and may be used at the discretion of the trustees.

The designated funds represent assets set aside by the trustees to be applied in future years towards specific purposes.

The restricted funds are monies raised for a specific purpose, or donations subject to donor-imposed conditions.

The permanent endowment funds comprise monies which must be held as capital indefinitely. The income therefrom is used in accordance with the terms of each individual endowment (note 16).

### Pension costs

Contributions to employees' personal pension plans and in respect to defined contribution schemes are charged to the statement of financial activities in the year in which they are payable to the relevant scheme.

### Leased assets

Rentals applicable to operating leases where substantially all of the benefits and risks of ownership remain with the lessor are charged on a straight-line basis over the lease term.

### Critical accounting estimates and areas of judgement

Preparation of the financial statements requires the trustees to make significant judgements and estimates.

The items in the financial statements where these judgements and estimates have been made include:

- Estimating the useful economic life of tangible fixed assets for the purposes of calculating the depreciation charge;
- Estimating the recoverability of debtors and determining any necessary provision for bad or doubtful debts;
- Estimating the future income and expenditure streams which underpin the going concern assumption
- Estimating the value of legacy distributions; and
- Determining the basis for the allocation of support and governance costs across the charitable key areas of activity as shown in note 3.

## NOTES TO THE FINANCIAL STATEMENTS 31 MARCH 2021

### 1. INCOME FROM: GRANTS RECEIVABLE

Group and Charity	2021 £'000	2020 £'000
Statutory grants		
- Scottish	475	273
- English and Welsh	84	97
	559	370
Other grants	1,719	1,117
	2,278	1,547
The income from grants relate to the following charitable activities:		
Group and Charity	2021 £'000	2020 £'000
Mental Health Programmes	2,075	1,547
Learning Disabilities Programmes	45	—
Information, education, dissemination and advisory services programme	158	—
	2,278	1,547
<b>Statutory grants receivable comprise:</b>		
Group and Charity	2021 £'000	2020 £'000
<b>Scottish</b>		
Refugee Health Policy Action Group	60	25
Refugee Wellbeing	12	-
Research Consultancy	-	-
Scottish Mental Health Arts and Film Festival (SMHAFF) (NHS Greater Glasgow & Clyde; NHS Lothian)	15	16
Stigma (Scottish Association for Mental Health (SAMH))	120	-
Suicide Postvention	-	7
Survivors (Health in Mind)	135	90
VOX	115	120
We Can	-	15
Visibility & Voices	19	-
	475	273
<b>English and Welsh</b>		
Drawing Neighbours Together (Westminster City Council)	9	-
Farming and Brexit (Public Health Wales)	-	13
Gwynedd Youth Service (Welsh Government - Gwynedd Council)	22	-
Mental Health Campaign (Public Health England)	-	54
Refugee and Asylum Seeker - Perthyn (Welsh Government)	53	-
Thrive Thamesview (London Borough of Barking & Dagenham)	-	30
	84	97
<b>Total Statutory Grants</b>	<b>559</b>	<b>370</b>

## NOTES TO THE FINANCIAL STATEMENTS 31 MARCH 2021

Other grants comprise:

Group and Charity (by funder)	2021 £'000	2020 £'000
<b>National Lottery funding</b>	<b>384</b>	<b>222</b>
- Community Fund (COVID Youth Panel)	10	-
- England – Community Fund (Kids Time)	128	35
- England – Community Fund (My Life My Future (Feeling Our Way))	45	-
- England – Community Fund (Pass it On (Good mental health for ALL))	45	85
- Scotland – Heritage Fund (Reclaim Our Heritage)	28	-
- Wales – People and Places (Standing Together Cymru)	128	102
	147	65
<b>Barnardo's</b>		
Scottish Research Consultancy	4	3
Mental Health & Wellbeing Evaluation	143	61
	—	144
<b>Scottish Association for Mental Health</b>		
Scottish Association for Mental Health (Stigma and Discrimination)	—	124
Scottish Association for Mental Health (Art & Stigma)	—	—
Scottish Association for Mental Health (SMHAFF)	—	20
	29	—
<b>University of Strathclyde</b>		
Crisp	1	—
CSO COVID Impact	25	—
Scotland Programmes	3	—
	29	—
<b>Group and Charity (by project)</b>	<b>2021 £'000</b>	<b>2020 £'000</b>
<b>Scottish Mental Health Arts and Film Festival (SMHAFF)</b>	<b>87</b>	<b>41</b>
Creative Scotland	56	28
Royal College of Psychiatrists	2	10
See Me	20	-
Other grants	9	4
	110	75
<b>Peer Education</b>		
Constance Travis Charitable Trust	50	-
LCP Foundation	13	-
Lloyds	22	-
Garfield Weston Foundation	-	50
Sobell Foundation	25	25
	5	65
<b>Self Management Training and Peer Support for middle-aged Irish men</b>		
City Bridge Trust	-	32
Sir Halley Stewart Trust	5	33



NOTES TO THE FINANCIAL STATEMENTS 31 MARCH 2021

Other grants comprise (continued):

Group and Charity	2021 £'000	2020 £'000
<b>Other grants &gt;£25,000</b>		
Arts Council of Wales (Arts Festival Wales)	30	-
Community Child Health (The Adverse Childhood Experiences Resilience)	31	64
Constance Travis Charitable Trust	-	50
Disability Action NI (Drill)	-	37
European Commission (Emen)	(12)	26
Health in Mind (Survivor Fund)	-	57
Impact Funding Partners (Refugee Health Policy Action Group)	-	30
Lloyds (Picture This)	31	-
Mercers Trust (Creating Communities)	17	31
Monday Trust (COVID Response Programme)	250	-
NHS Borders (Screening Inequality)	-	94
Robertson Trust (Thriving Learners)	90	-
The Wellcome Trust (Dads, Football, and Public Engagement)	56	44
University of Sussex (SITUATE)	35	-
Youth Endowment (Becoming a Man)	370	-
<b>Other grants &lt;£25,000</b>		
Cardiff City Foundation	-	2
Gwynedd Council	-	22
Health and Social Care Alliance Scotland	13	13
King's College London	-	6
MIND NAMH	-	14
NRS Mental Health Network	9	9
Renfrewshire Council	-	2
Scottish Refugee Council	5	-
Single Parents Wellbeing	-	1
The Laces Trust	-	2
The Waterloo Foundation	10	-
Universitäts Klinikum Bonn	-	2
University Of Glasgow	7	8
University of Stirling	8	5
University of Sussex	-	24
University of Warwick	-	5
University of York	3	-
Voices of eXperience	-	1
Winston Churchill Memorial Trust	5	15
	1,719	1,177

NOTES TO THE FINANCIAL STATEMENTS 31 MARCH 2021

2. INCOME FROM: CHARITABLE TRADING ACTIVITIES

Group and Charity	2021 £'000	2020 £'000
Publications and merchandise	55	332
	23	-
Other	41	73
<b>Charity total</b>	119	439
Income from subsidiary	666	667
<b>Group total</b>	785	1,106

Expenditure relating to the Group's subsidiary, Mental Health at Work CIC, are included within costs associated with raising funds. Of the above, £10,000 of training and £6,000 of other income related to restricted funds.

3. EXPENDITURE ON CHARITABLE ACTIVITIES

Group and Charity	Direct costs £'000	Support costs (note 5) £'000	Total 2021 £'000	Direct costs £'000	Support costs (note 5) £'000	Total 2020 £'000
Mental Health Programmes	2,946	615	3,561	2,156	519	2,675
Learning disability programmes	85	12	97	129	24	152
Information, education, dissemination and advisory services programme	1,984	322	2,306	1,386	235	1,621
	5,015	949	5,964	3,671	777	4,448

Direct costs comprise:

Group and Charity	Staff costs £'000	Other costs £'000	Total 2021 £'000	Staff costs £'000	Other costs £'000	Total 2020 £'000
Mental Health Programmes	1,902	1,044	2,946	1,474	681	2,156
Learning disability programmes	54	31	85	101	28	129
Information, education, dissemination and advisory services programme	1,071	913	1,984	729	657	1,386
	3,027	1,988	5,015	2,304	1,367	3,671

At 31 March 2021 the group and charity had no commitments in respect to future grants (2020: none).

4. GOVERNANCE COSTS

Group and Charity	2021 £'000	2020 £'000
Legal and professional fees	22	33
Trustees' expenses and other trustee related costs	5	7
<b>Charity total</b>	27	41
Legal and professional fees - subsidiary	-	2
	27	43

All governance costs relate to unrestricted funds.

NOTES TO THE FINANCIAL STATEMENTS 31 MARCH 2021

5. SUPPORT COSTS

Group	London office £'000	IT £'000	Finance £'000	Human resources £'000	Total 2021 £'000
Costs of raising funds	77	37	29	35	178
Mental Health Programmes	266	129	99	121	615
FPLD	5	3	2	2	12
Information, education,dissemination and advisory services programme	139	68	52	63	322
	487	237	182	221	1,127

Group	London office £'000	IT £'000	Finance £'000	Human resources £'000	Total 2020 £'000
Costs of raising funds	81	18	38	20	158
Mental Health Programmes	267	60	126	65	519
FPLD	12	3	6	3	24
Information, education, dissemination and advisory services programme	121	27	57	29	235
	481	109	228	117	935

Support costs are allocated to the activities they are supporting on the basis of the number of staff working on each activity.

6. NET INCOME This is stated after charging:

	Group		Charity	
	2021 £'000	2020 £'000	2021 £'000	2020 £'000
Staff costs (note 1)	4,652	3,618	4,267	3,305
Depreciation	7	5	7	5
Auditor's remuneration				
- Audit	17	15	17	15
- Other services (Emen audit, VAT consultancy)	2	4	2	4
- Other services (HR consultancy services)	4	5	4	5
Operating lease rentals				
- Land and buildings	182	156	182	156
- Equipment	-	21	-	21

NOTES TO THE FINANCIAL STATEMENTS 31 MARCH 2021

7. STAFF COSTS

	Group		Charity	
	2021 £'000	2020 £'000	2021 £'000	2020 £'000
Staff costs during the year were as follows:				
Wages and salaries	3,885	3,020	3,544	2,746
Social security costs	400	304	364	274
Other pension costs	329	265	322	257
	4,614	3,589	4,230	3,277
Agency and temporary staff	38	28	38	28
	4,652	3,618	4,267	3,305

The average monthly number of employees (including temporary staff) during the year was 113 (2020: 94).  
The number of employees who earned £60,000 per annum or more (including taxable benefits but excluding employer pension contributions) during the year was as follows:

Group	2021 No.	2020 No
£60,000 - £70,000	3	3
£70,000 - £80,000	3	1
£100,000 - £110,000	1	1

Employer contributions made to a money purchase scheme in respect of the above employees during the year amounted to £45,624 (2020: £30,295).

The key management personnel in charge of directing, controlling, running and operating the group on a day-to-day basis comprise the trustees together with the chief executive, the director for England and Wales, the director for Scotland and Northern Ireland, the director of fundraising and communications, the director of HR and wellbeing and the director of finance and systems. The total remuneration payable to key management personnel during the year was £565,275 (2020: £417,680).

8. TRUSTEES' REMUNERATION, EXPENSES AND DONATIONS

No trustee received any remuneration in respect of their services as a trustee during the year (2020: none).  
Expenses reimbursed to, or paid on behalf of, trustees during the year were as follows:

	2021		2020	
	No of trustees	Aggregate amount £'000	No of trustees	Aggregate amount £'000
Travel, expenses and other	5	5	7	8

The trustees have taken out trustee indemnity insurance to cover the liability which by virtue of any rule of law would otherwise attach to the trustees in respect of any negligence, default, breach of trust or breach of duty of which they may be guilty in relation to the Foundation. The premium paid by the charity during the year amounted to £6,064 (2020: £3,203) and provided cover of £1,000,000 (2020: £1,000,000).

The charity received £605 donations from trustees during the year (2020: none).

9. TAXATION

The Mental Health Foundation is a registered charity and, therefore, is not liable to income tax or corporation tax on income derived from its charitable activities, as it falls within the various exemptions available to registered charities.

NOTES TO THE FINANCIAL STATEMENTS 31 MARCH 2021

10. TANGIBLE FIXED ASSETS

Group and charity	Fixtures, fittings and equipment £'000
<b>Cost</b>	
At 1 April 2020	237
Additions	2
Disposals	-
<b>At 31 March 2021</b>	<b>239</b>
<b>Depreciation</b>	
At 1 April 2020	209
Additions	7
Disposals	-
<b>At 31 March 2021</b>	<b>216</b>
<b>Net book values</b>	
At 31 March 2020	28
<b>At 31 March 2021</b>	<b>23</b>

11. INVESTMENTS

Group and charity	2021 £'000	2020 £'000
<b>Listed investments</b>		
Market value at 1 April 2020	-	-
Additions at cost	5,000	-
Net unrealised investment gains	208	-
Market value at 1 March 2021	5,208	-
Cash deposit - current assets	-	408
Cash deposit - fixed asset	-	45
At 31 March 2020	5,208	453
Historic cost of listed investments	5,000	-
Individual holdings representing more than 5% of the market value of the portfolio at the balance sheet date are as follows:		
	2021 £'000	2020 £'000
COIF Charities Ethical Investment Fund	5,208	-

The charity also holds unlisted investments comprise shares in Helpcards Holdings Limited and Mental Health at Work CIC. The charity holds 7,227 1p shares in Helpcards Holdings Limited, comprising 1.23% of the share capital. The shares have been valued by the trustees having regard to the company's net assets as at 31 March 2020.

On 27 July 2018, the shareholders of Mental Health at Work CIC gifted the shares in the company to the charity. The net assets position as at 31 March 2020 was £129,346. The shares have been valued by the trustees at £nil value as at 31 March 2021.

NOTES TO THE FINANCIAL STATEMENTS 31 MARCH 2021

12. DEBTORS

	Group 2021 £'000	2020 £'000	Charity 2021 £'000	2020 £'000
Trade debtors	211	344	56	206
Prepayments	235	187	235	187
Accrued income	902	643	902	643
Other debtors	14	9	14	10
Legacy notifications	1,153	695	1,153	695
	2,515	1,878	2,360	1,740

The Mental Health Foundation has been notified of a residuary legacy from the George Stanley Wilkinson Will Trust in the year. This has not been accrued for as the amount cannot be measured reliably.

13. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	Group 2021 £'000	2020 £'000	Charity 2021 £'000	2020 £'000
Expense creditors	251	214	234	198
Other creditors	436	263	184	175
Service delivery deferred income	259	538	61	260
Fundraising events deferred income	90	-	90	-
Accruals	60	48	60	48
	1,096	1,063	629	680

Deferred income includes the following income received in advance to carry out the activities in the next financial year: Youth Endowment Fund Grant for the Becoming a Men project: £22,234, The National Lottery Community Fund - Wales for the Standing together - Cymru project: £9,464, Scottish Government for the VOX project: £2,960, Baring Foundation for the Commissions and Creative Network project: £26,900.

Deferred income also includes income for the following fundraising events postponed to the next financial year due to COVID restrictions: London Marathon: £39,200, Overseas Challenges (Kilimanjaro): £26,000, Edinburgh Marathon: £23,800 and Great North Run: £1,500.



NOTES TO THE FINANCIAL STATEMENTS 31 MARCH 2021

14. RESTRICTED FUNDS The income funds of the charity and group include restricted funds comprising the following donations and grants held on trust to be applied for specific purposes:

	At 1 Apr 2020 £'000	Income £'000	Expenditure £'000	Transfers £'000	At 31 Mar 2021 £'000
Arts & Stigma	2	-	-	-	2
Arts Festival Wales	-	30	(33)	-	(3)
Barnardo's Mental Health & Wellbeing Evaluation	19	143	(87)	-	75
Becoming a Man	-	370	(370)	-	-
COVID Research	-	10	(295)	285	-
COVID Youth Panel	-	10	(10)	-	-
COVID Response Programme	-	250	-	-	250
Creating Communities	-	17	(44)	27	-
Crisp	-	1	(1)	-	-
CSO COVID Impact	-	25	(25)	-	-
Dads Football	-	56	(56)	-	-
Drawing Neighbours Together	-	9	(10)	-	(1)
Drill	7	-	(7)	-	-
Emen-Comms	-	-	(2)	2	-
Emen-Long Term	-	-	(1)	-	-
Emen-Policy	-	-	(6)	6	-
Emen-Product Development	-	(13)	(5)	18	-
Emen-Project Management	-	1	(2)	1	-
Evaluation of DBI	2	8	(5)	-	5
Gaming and Mental Health	-	-	(29)	192	163
Gwynedd Youth Service	4	22	(21)	-	5
Irish Men	5	5	(36)	26	-
J Sinson	7	-	-	-	7
KidsTime Southwark	-	128	(112)	-	16
My Life My Future	6	45	(56)	21	16
Pass it on	26	45	(58)	(14)	-
Peer Education Project	77	121	(146)	-	51
Picture This	-	31	-	-	31
Primary School Programme	20	-	-	-	20
Reclaiming our heritage	40	28	(39)	-	28
Refugee and Asylum Seeker	3	53	(44)	-	12
Refugee Health Policy Action Group	14	60	(54)	-	20
Refugee Wellbeing	-	12	(12)	-	-

NOTES TO THE FINANCIAL STATEMENTS 31 MARCH 2021

14. RESTRICTED FUNDS (continued)

	At 1 Apr 2020 £'000	Income £'000	Expenditure £'000	Transfers £'000	At 31 Mar 2021 £'000
Restricted Legacies - Helen Oliver	154	-	-	-	154
Restricted Legacies - Research	394	-	(83)	-	311
Screening Inequality	111	-	(7)	1	105
SITUATE	4	36	(40)	-	-
SMHAFF Restricted	-	111	(71)	-	40
Standing together-Cymru	-	128	(128)	-	-
Stigma	17	122	(113)	-	26
Survivors	1	138	(139)	-	-
The ACES (Adverse Childhood Experiences) Resilience	9	31	(29)	-	11
Thriving Learners	-	90	(28)	-	62
Triumph	-	7	(7)	-	-
UOK	19	-	(8)	-	10
Visibility & Voices	-	19	(6)	-	13
VOX	1	116	(116)	-	-
What I Need to Tell You	4	13	(7)	-	9
Winston Churchill Memorial Trust	3	5	(8)	-	-
Women of Scotland	21	-	-	-	21
	967	2,280	(2,351)	564	1,460

Arts & Stigma

Working with See Me Scotland to commission an artist to create a new participatory artwork, which was delivered on the Isle of Lewis in Na h-Eileanan an Iar. This programme Focuses on challenging mental health stigma. This programme was paused during pandemic and concluded in June 2021

Arts Festival Wales

The inaugural Green Ribbon Arts Festival (GRAF) in Wales was organised in partnership with Sixty Six / Ninety Nine, Orchard Media, Four In Four, and the Scottish Mental Health Arts Festival (run by the Foundation). GRAF was held online between October 26th – November 7th 2020, with further events from March 22nd – 25th 2021, also online due to the pandemic. The festival was funded by the Baring Foundation and Arts Council of Wales.

Barnardo’s Mental Health & Wellbeing Evaluation

Commissioned by Barnardo’s for their 3 Mental Health and Wellbeing Core Priority Programme Strategic Research Partnerships’ work in Renfrewshire, North Tyneside and Northern Ireland. The aims of these strategic partnerships are to facilitate systems change around Mental Health and Wellbeing, and support the development of new innovative ways of working, so that children and young people have improved mental health and wellbeing outcomes and the demand on secondary mental health service provision is reduced.

Becoming a Man (BAM)

A trauma-informed counselling project in Lambeth, which integrates clinical theory and practice, men’s rites of passage

work and a dynamic approach to youth engagement. It is offering in-school activities that develop social-emotional skills strongly correlated with positive long-term outcomes in the areas of health, education and justice system involvement. We are currently delivering weekly group counselling sessions (BAM Circles) to nine groups of young men at risk of becoming involved in serious youth violence, across three Lambeth schools.

Chief Scientist Office - Impact of pandemic response upon public mental health and disparities

Research study in partnership with the University of Strathclyde and NHS Greater Glasgow & Clyde. The research aimed to explore how the pandemic response affects the mental health and wellbeing of the Scottish population. The results of this research can be viewed at <https://www.cso.scot.nhs.uk/wp-content/uploads/COVSCL2010.pdf>

COVID Research

Working with the University of Cambridge, De Montfort University, Swansea University, the University of Strathclyde and Queen’s University Belfast, the Mental Health Foundation is leading an ongoing, UK-wide, repeated cross-sectional study of how the pandemic is affecting people’s mental health. We are producing briefings, publishing academic papers, and sharing our findings with government officials and stakeholders across the four UK nations.

COVID Youth Panel

With funding from the National Lottery Community Fund’s Awards for All. Using the hashtag #morethanacondition the youth panel was facilitated remotely to raise awareness of how young people living with long term health conditions are facing additional challenges to their mental health as a result of the coronavirus.

Dads, football and Public Engagement

Funded by the Wellcome Trust and delivered in partnership with Cardiff City FC Foundation, the Dads and Football project engages dads through football to understand more about the life changing transition for men as they become dads and the impact on their mental health. The main aims are to help support the health and wellbeing of those dads and improve engagement in research into men’s perinatal mental health.

Drawing Neighbours Together

Funded by Westminster City Council (Neighbourhood Keepers Programme) and working in partnership with Notting Hill Genesis, this project facilitates weekly group sessions with Penfold Court residents, using creativity to acknowledge the changing Church Street environment and support them to manage its impact on their wellbeing. Sessions were held online during the pandemic.

E-Men (European Commission)

In 2020-21 we completed the Moodbuster Pilot in Manchester and developed a case study for the use of the Moodbuster application in prevention. We also contributed to the trans-national policy report output of the programme. We finished our involvement in the programme.

Evaluation of DBI

Provision of Lived Experience Policy & Development Officer to support the evaluation of the Distress Brief Interventions (DBI) service being led by the University of Stirling.

Gaming and Mental Health

Funds donated from individual gamers via The JingleJam 2020, an annual fundraiser hosted by the Yogscast group. The project uses digital qualitative research (mobile diaries, in-depth interviews) and secondary data analysis of gaming related searches and conversations online. The findings inform a co-design session with gamers to create solutions for gamers and the industry. The outputs have two target audiences relevant to the theory of change – games industry and gamers. Project wraps Feb 2022.

Gwynedd Youth Service

This is a ‘Learning Partner’ relationship where we ‘walked alongside’ the youth service to help them discover how they were impacting the mental health of young people, help them think through how to evaluate the work they were already doing and recommendations to go forward with. We will be continuing to work with Gwynedd youth services to measure the impact of the recommendations on the youth workers, youth and their partners.

Irish Men

The Comhar project in Camden and Islington addresses the prevalence of long-standing undiagnosed mental health problems in Irish men in North London aged 40 to 54, and their elevated risk

of suicide, especially survivors of institutional abuse, and Travellers. Working with ICAP (Immigration Counselling & Psychotherapy), we improve the mental health, well-being and social connectedness of participants through targeted self-management training and peer support activities.

J Sinson (Research prize fund)

This fund represents an original donation of £10,000 in memory of Dr Janice Sinson, which is to be used for prizes in ongoing research competitions.

KidsTime Southwark

Funded by the National Lottery Community Fund and delivered in partnership with Our Time, who have developed the KidsTime workshops over many years, and the London Borough of Southwark. The workshops provide support for both children and parents affected by parental mental health problems bringing whole families together to promote wellbeing and resilience. The Foundation successfully adapted the workshops for online delivery during the pandemic.

My Life My Future

In 2020, Feeling Our Way was developed in Nottingham City in response to the unique and heightened challenges faced by care leavers, particularly social isolation and rapidly deteriorating mental health, as a result of COVID lockdown restrictions. The project, in partnership with Nottingham City Council, provided to-the-doorstep Wellbeing Kits (practical tools such as mindfulness colouring, skipping ropes, self-care items); Digital access (mobile phones, free data, minutes, texts) and Digital Packs (psychoeducation, signposting, interactive resources such as films and quizzes) to promote good mental health and encouraging help-seeking.

Peer Education Project (PEP)

This project continues to increase engagements with schools, training thousands of Year 12 students as peer educators and reaching over 50,000 Year 7 students giving them the skills and knowledge to safeguard their mental health, know where to seek help, and be better able to support the mental health of their friends.

Reclaiming Our Heritage

Programme supported with major funding from the National Lottery Heritage Fund and others including Renfrewshire Council Culture, Events & Heritage Fund to develop a volunteer led oral history programme to preserve the heritage of the arts and mental health social movement in Scotland.

Refugee and Asylum seeker (Perthyn Project)

Funded by Welsh Government and delivered in partnership with Cardiff and Vale College through their REACH+ Programme, project expansion involved recruiting and training refugee and asylum seeker men and woman to become peer leaders of their own groups using a HOPE theory. The groups provided a safe and empowering space to come together to increase emotional literacy, empathy and understanding and, in turn, help protect their mental health.

Refugee Health Policy Action Group

Supported with funds from the Scottish Government’s “Promoting Equality and Cohesion Fund” the project is working to develop local responses to refugee health support in local authorities across Scotland. This includes training volunteers from refugee backgrounds on mental health, policy development and delivering work in local authority areas.

Refugee Wellbeing

Supported through the Scottish Government’s COVID Wellbeing Fund. A series of online Community Conversation groups run for people from refugee and asylum-seeking backgrounds in Glasgow in partnership with Interfaith Glasgow, Govan Community Project and Saheliya.

Restricted Legacies – Research

Legators may choose to restrict the use of their legacy to the Foundation.

The balance relates to several legacies that the Foundation was instructed to use to further research into mental health. The balance is now being invested in research projects led by the Foundation in collaboration with partners including the University of Cambridge in England and Strathclyde University in Scotland.

Screening Inequality

Working with NHS Borders, Fife and Tayside with the support of the Scottish Government’s “Screening Inequalities Fund” to use research and learning to increase informed consent on screening uptake among people living with long term mental health problems and to increase the visibility of screening in mental health care. Project paused during the pandemic period with restart in late 2021

SITUATE

Students In Transition at University: Aiming to enhance mental and social health and wellbeing is a joint project between University of Sussex and Mental Health Foundation. The aim of the project is to produce a sustainable, best-practice model for the higher education sector that supports students and promotes positive mental health and wellbeing at key educational transitions: from pre-university to university and between years at university.

Scottish Mental Health Arts and Film Festival (SMHAFF)

Annual mental health arts festival delivered throughout Scotland with support from Creative Scotland, NHS Lothian, See Me, NHS Greater Glasgow & Clyde, Royal College of Psychiatrists and others. Annual reach of over 35,000 through film, literature and art.

Standing Together - Cymru

Following the success of the original Standing Together project, which ran in London from 2015-2018, the Foundation secured funding from National Lottery Community Fund to run a three-year project which aimed to improve mental health, wellbeing and build community connections for people in later life housing in South East Wales.

Stigma and Discrimination (See Me)

See Me is Scotland’s Programme to tackle mental health stigma and discrimination. It is funded by the Scottish Government and Comic Relief and is co-managed by the Mental Health Foundation and the Scottish Association for Mental Health. Specifically working on the research and learning of See Me’s programmes.

Survivors (Future Pathways)

Future Pathways supports recovery of people who have experienced abuse or neglect in care in Scotland. Future Pathways is funded by the Scottish Government and is managed by a group of organisations that make up the

**Future Pathways Alliance (Health in Mind, Penumbra, Greater Glasgow and Clyde Health Board’s Trauma Service, and the Mental Health Foundation).** The Foundation left the Alliance in March 2021.

The Adverse Childhood Experiences (ACE’s) Resilience

The Welsh Government funded Cardiff & Vale University Health Board and the Mental Health Foundation to work across all schools in the Cardiff and Vale area (primary and secondary) building resilience with children, families, teachers and other staff that work with children and young people who have experienced adverse childhood traumas.

Triumph

Transdisciplinary Research for the Improvement of Youth Mental Public Health (TRIUMPH) Network brings together young people, health practitioners, policymakers and those working with voluntary organisations including the Foundation, with academics from across clinical, social sciences, arts and humanities, design, and computer sciences disciplines.

Thriving Learners

Thriving Learners is a pioneering study of student mental health in tertiary educational institutes across Scotland. Working with partners, Universities Scotland, Colleges Scotland and with funding from the Robertson Trust, the study will be undertaken over two years. With the knowledge and insight gathered, we will provide recommendations for best practice in prevention, early intervention and support of students’ emotional wellbeing in Scotland’s universities and colleges

UOK

Psychoeducation and peer to peer-based project to support young people aged 16+ with the transition out of statutory education and onto independent living, work, and higher education. Connected to our SITUATE project.

Visibility &Voices

The Visibility & Voices programme commenced in October 2020 with funding from Glasgow City Council’s “Glasgow Communities Fund”. The purpose of this programme is to engage people from refugee and asylum-seeking backgrounds in civic life across the city. Centring lived experience it is working to benefit the health and wellbeing of refugees and asylum seekers through increased and focused civic participation.

Voices of Experience (VOX)

VOX Scotland is Scotland’s national mental health service user collective that represents its members’ views to Scotland’s politicians and health professionals to make sure Scotland’s laws and mental health services reflect service user needs and interests. VOX is Scotland’s only national mental health advocacy organisation run by service users for service users. VOX is an independent organisation that has a service and support agreement with the Mental Health Foundation for its running and delivery.

What I Need to Tell You

Funded through the Self-Management Fund this project is working in partnership with Diabetes Scotland to adapt a Coming Our Proud model to disclosure of the mental and wellbeing impacts of living with diabetes.

Winston Churchill Memorial Trust Mental Health Fellowship

The Foundation has been the knowledge partner of the Winston Church Memorial Trust (WCMT) for their Mental Health Fellowships (2016-2019). In 2020-21 we launched and widely disseminated our podcasts and briefings.

15. DESIGNATED FUNDS

Group and charity	At 1 April 2020 £'000	New designation £'000	Utilised/ released £'000	At 31 March 2021 £'000
Stephen Schick legacy	2,500	—	(500)	2,000
Covid-19 Community Investment Fund	2,000	—	—	2,000
Foundation Offices Property Fund	5,500	1,000	—	6,500
	10,000	1,000	(500)	10,500

Group and charity	At 1 April 2019 £'000	New designation £'000	Utilised/ released £'000	At 31 March 2018 £'000
Stephen Schick legacy	2500	-	—	2,500
COVID Response Programme	-	2,000	—	2,000
Foundation Offices Property Fund	-	5,500	—	5,500
	2,500	7,500	-	10,000

16. PERMANENT ENDOWMENT FUNDS

Group and charity	At 1 April 2020 £'000	Additions £'000	At 31 March 2021 £'000
Wilke Fund	12	—	12
Lander Fund	33	—	33
	45	—	45

Group and charity	At 1 April 2019 £'000	Additions £'000	At 31 March 2020 £'000
Wilke Fund	12	—	12
Lander Fund	33	—	33
	45	—	45

The above funds represent permanent endowment which must be retained indefinitely and held as capital. Both funds are constituted under separate trust deeds. Under the deed of trust relating to the Wilke Fund, all income arising from the capital sum may be used for the general purposes of the charity and it is credited, therefore, to general funds on receipt. Under the terms of the deed governing the Lander Fund, 25% of the income generated by the fund each year must be added to the capital sum and be retained as part of the permanent endowment. The remaining 75% of the income may be credited to general funds on receipt and used for the general purposes of the charity.



NOTES TO THE FINANCIAL STATEMENTS 31 MARCH 2021

17. ANALYSIS OF NET ASSETS BETWEEN FUNDS

Group	Unrestricted funds £'000	Restricted funds £'000	Designated funds £'000	Permanent endowment funds £'000	2021 Total funds £'000
Tangible fixed assets	23	-	-	-	23
Investments	5,163	-	-	45	5,208
Net current assets	1,305	1,460	10,500	-	13,265
	6,491	1,460	10,500	45	18,496

Charity	Unrestricted funds £'000	Restricted funds £'000	Designated funds £'000	Permanent endowment funds £'000	2021 Total funds £'000
Tangible fixed assets	21	-	-	-	21
Investments	5,163	-	-	45	5,208
Net current assets	1,131	1,460	10,500	-	13,091
	6,315	1,460	10,500	45	18,320

Group	Unrestricted funds £'000	Restricted funds £'000	Designated funds £'000	Permanent endowment funds £'000	2020 Total funds £'000
Tangible fixed assets	28	-	-	-	28
Investments	-	-	-	45	45
Net current assets	2,287	967	10,000	-	13,254
	2,315	967	10,000	45	13,327

Charity	Unrestricted funds £'000	Restricted funds £'000	Designated funds £'000	Permanent endowment funds £'000	2020 Total funds £'000
Tangible fixed assets	28	-	-	-	28
Investments	-	-	-	45	45
Net current assets	2,119	967	10,000	-	13,086
	2,147	967	10,000	45	13,159

NOTES TO THE FINANCIAL STATEMENTS 31 MARCH 2021

The total unrealised gains as at 31 March 2021 constitutes movements on fair value and are as follows:

	2021 £'000	2020 £'000
Unrealised gains included above:		
On investments	208	-
Total unrealised investment gains at 31 March 2021	208	-
Reconciliation of movements in unrealised gains:		
Unrealised gains at 1 April 2020	-	-
Less: in respect of disposals in the year	-	-
	-	-
Add: net gains arising on fair value movement arising in the year	208	-
Total unrealised gains at 31 March 2021	208	-

18. OPERATING LEASE COMMITMENTS

At 31 March 2021 the charity had the following total minimum lease payments under non-cancellable operating leases:

	Land and buildings		Other	
	2021 £'000	2020 £'000	2021 £'000	2020 £'000
Operating leases which expire:				
- Within one year	37	135	1	2
- After one but within two years	2	118	-	-
- After two but within five years	-	49	-	1
	39	303	1	3

19. RELATED PARTIES

During the year ended 31 March 2021, the group had no related party transactions (2020: None).

20. ULTIMATE PARENT UNDERTAKING AND CONTROLLING PARTY

The immediate parent undertaking is The Mental Health Foundation. The ultimate parent undertaking and controlling party is The Mental Health Foundation, a company incorporated in England and Wales.

The Mental Health Foundation is the parent undertaking of the largest and smallest group of undertakings to consolidate these financial statements at 31 March 2021.

The consolidated financial statements of The Mental Health Foundation are available from Unit 2, 197 Long Lane, SE1 4PD.

21. POST BALANCE SHEET EVENT

After the year end the Mental Health Foundation purchased a long leasehold property for £4.15 million + VAT on 2 July 2021 and commenced refurbishment work at a cost of £1.0 million + VAT

22. COMPARATIVE GROUP AND CHARITY STATEMENT OF FINANCIAL ACTIVITIES

Group	Notes	Unrestricted funds £'000	Restricted funds £'000	Designated funds £'000	Permanent endowment funds £'000	2020 Total funds £'000
<b>Income from:</b>						
Donations		7,144	30	-	-	7,174
Legacies		583	-	1,250	-	1,833
Fundraising events		904	-	-	-	904
Investments		43	-	-	-	43
Charitable activities		-	-	-	-	
- Statutory grants receivable	1	67	303	-	-	370
- Other grants	1	75	1,102	-	-	1,177
- Charitable trading activities	2	1,075	31	-	-	1,106
<b>Total income</b>		9,891	1,465	1,250	-	12,606
<b>Expenditure on:</b>						
Raising funds		1,733	-	320	-	2,053
Charitable activities	3					
- Mental Health Programmes		1,258	1,380	37	-	2,675
- FPLD		71	80	1	-	152
- Information, education, dissemination and advisory services programme		1,193	323	105	-	1,621
<b>Total expenditure</b>		4,254	1,784	463	-	6,501
<b>Net income (expenditure)</b>	5	5,636	(318)	787	-	6,105
Transfers between funds		(6,995)	282	6,713	-	-
Net movement in funds		(1,358)	(37)	7,500	-	6,105
<b>Reconciliation of funds:</b>						
Funds brought forward at 1 April 2019		3,673	1,004	2,500	45	7,222
<b>Funds carried forward at 31 March 2020</b>		2,135	967	10,000	45	13,327

Group	Notes	Unrestricted funds £'000	Restricted funds £'000	Designated funds £'000	Permanent endowment funds £'000	2020 Total funds £'000
<b>Income from:</b>						
Donations		7,144	30	-	-	7,174
Legacies		583	-	1,250	-	1,833
Fundraising events		904	-	-	-	904
Investments		43	-	-	-	43
Charitable activities						
- Statutory grants receivable	1	67	303	-	-	370
- Other grants	1	75	1,102	-	-	1,177
- Charitable trading activities	2	408	31	-	-	439
<b>Total income</b>		9,224	1,465	1,250	-	11,939
<b>Expenditure on:</b>						
Raising funds		1,096	-	320		1,416
Charitable activities	3					
- Mental Health Programmes		1,258	1,380	37		2,675
- FPLD		71	80	1		152
- Information, education, dissemination and advisory services programme		1,193	323	105		1,621
<b>Total expenditure</b>		3,617	1,784	463	-	5,864
<b>Net income (expenditure)</b>	5	5,607	(318)	787	-	6,075
Transfers between funds		(6,995)	282	6,713	-	-
Net movement in funds		(1,388)	(37)	7,500	-	6,075
<b>Reconciliation of funds:</b>						
Funds brought forward at 1 April 2019		3,535	1,004	2,500	45	7,084
<b>Funds carried forward at 31 March 2020</b>		2,147	967	10,000	45	13,159



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REGULATOR**

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