

Charity number: 1170815

# **MENTAL HEALTH UK**

(a Charitable Incorporated Organisation)

## **TRUSTEES' REPORT AND FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024**

# MENTAL HEALTH UK

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## **MENTAL HEALTH UK**

### **REFERENCE AND ADMINISTRATION DETAILS OF THE CHARITY, ITS TRUSTEES AND ADVISORS**

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#### **Trustees**

M Robinson (Appointed 1 April 2024)  
L Paweleck  
M Winstanley  
A H Thomas  
P Jenkins  
A Doherty  
N Ward

#### **Charity registered number**

1170815

#### **Principal office**

28 Albert Embankment  
London  
SE1 7GR

#### **Independent auditor**

MHA  
6<sup>th</sup> Floor  
2 London Wall Place  
London  
EC2Y 5AU

#### **Bankers**

NatWest  
2nd Floor, 39 Queen Square  
Wolverhampton  
WV1 1TL

#### **Solicitors**

Bates, Well & Braithwaite  
10 Queen Street Place  
London  
EC4R 1BE

The Trustees of Mental Health UK present their Trustees' Report and the Consolidated Financial Statements for the Charity for the year ended 31 March 2024 as required under the Charities Act 2011 and the Companies Act 2006.

### **Objectives and Activities**

Mental Health UK delivers on our charitable objectives by raising funds from individuals, corporate partnerships, trusts and foundations. These funds are distributed to our four founding charities across the UK: Rethink Mental Illness in England, Change Mental Health (formerly Support in Mind) in Scotland, Adferiad in Wales and MindWise in Northern Ireland, to deliver our projects as well as grow their own vital services.

In a rapidly changing world, Mental Health UK brings together the heritage and experience of four charities from across the country who've been supporting people with their mental health for over 50 years.

We challenge the causes of poor mental health and provide people with the tools they need to live their best possible life at home, school and work.

We do this by providing support and services for some of the biggest societal challenges that pose a threat to people's mental health, including money problems, employment, navigating through the system to get the right support, understanding mental health, loneliness and isolation, and resilience in young people.

Working UK-wide, we deliver both national and local services that enable and empower people to understand and manage their mental health in a person-centred and empathetic way.

With our local service delivery and national expertise in supporting people whose lives are affected by mental health problems, we have been able to mark a significant footprint in the areas that deeply challenge our mental health and stability. Our programmes for 2023/24 include:

- **Bloom**
- **Your Resilience**
- **Navigators**
- **Rural Communities**
- **Helping Communities Prosper**
- **Me and Money**
- **Into Work**
- **Clic**
- **Mental Health Money Advice**
- **Workplace and Training**

Mental Health UK provides strategic oversight of our programmes' implementation by the four founding charities in line with our own processes as well as the funder's needs (where income is restricted). Performance is measured on a quarterly basis via our results-based management framework that establishes Key Performance Indicators to ensure we are delivering against agreed outcomes and outputs and identifying learning to strengthen programme delivery. Wherever possible, our programmes are internally and externally evaluated with findings feeding back into programme design, development and implementation to ensure that we continue to have a positive impact on our clients.

### **Achievements and performance**

An overview of our programmes and our key achievements from 2023/24 are highlighted below:

#### **Bloom**

With the number of children referred to emergency mental healthcare in England increasing by over 50% in the last three years, our young people's programmes are crucial. Bloom aims to equip 14–18-year-olds with the tools and knowledge needed to maintain their mental health during life's transitions, both now and in the future. Delivered in partnership with schools and colleges, Bloom secures a lasting impact by training professionals who are already working with young people, enabling them to independently deliver our programmes.

#### **Impact and reach in 2023/24:**

- **99,634** young people reached
- **1,246** teachers trained
- **78%** of participants felt they could use some of the tools learned in their life
- **79%** felt they had a better understanding of resilience

#### **Your Resilience**

Your Resilience is a preventative programme designed to reduce the adversities that harm young people's mental health. With NHS England reporting that up to 1 in 4 young people experienced probable mental ill health in 2022, the need for targeted interventions is clear. This programme focuses on supporting young people most at risk, particularly those from areas of deprivation, rural communities, and ethnic minority backgrounds. Delivered in community settings, Your Resilience addresses the unique barriers these groups face in maintaining their mental health and accessing support.

#### **Impact and reach in 2023/24:**

- **5,548** young people reached
- **463** facilitators trained
- **542** workshops delivered
- **86%** of participants felt better able to support their family and friends
- **92%** felt confident in their understanding of mental health

#### **Navigators**

Our Community Mental Health Navigators programme was created to change the way care and support is delivered to people living with severe mental illness. By placing Navigators in primary care settings to link people to local services, participants were better supported with their non-medical needs alongside reducing pressure on the clinical services. The programme officially finished at the beginning of the financial year, yet England and Wales partners have successfully identified further funding, and now have four Community Mental Health Navigator posts in England and 12 'Social Navigator' posts in Wales.

#### **Impact and reach before the close of the programme:**

- **212** clients supported 2022-23
- **390** clients supported 2021-2022

A joint report from the Tavistock Institute of Human Relations showed:

- Decreased anxiety/exacerbation of health or mental health conditions
- Better adherence to clinical and non-clinical treatments

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### TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2024

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- Non-clinical needs being better met
- Improved access to and engagement in social/ community activities.

#### Rural Communities

Approximately 28% of the UK population, around 18 million people, live in rural areas, where they often face significant barriers in accessing mental health support. Funded through our partnership with Neptune Energy, the Rural Connections programme aims to increase awareness, develop skills, and improve access to support in rural communities across the UK.

#### Impact and reach in 2023/24:

- **2,298** individuals reached across the UK:
  - England: **725**
  - Scotland: **82**
  - Wales: **1,398**
  - Northern Ireland: **93**
- **94%** of participants in Scotland reported increased awareness and understanding of mental health following training
- **90%** of participants in Wales reported improved mental wellbeing after using the service
- **82%** of participants in Northern Ireland reported increased awareness and understanding of mental health following training

#### Helping Communities Prosper

Helping Communities Prosper was a programme funded by the final year of Lloyds Banking Group. With a focus on meeting local needs, the programme enabled communities to create and rebuild vital services for people living with mental health problems, with a particular focus on Black and Minority Ethnic (BAME) communities that have traditionally been underserved when it comes to accessing mental health support. The overall programme officially finished at the beginning of the financial year, but some of the projects have secured localised funding to sustain their activities.

#### Impact and reach before the close of the programme:

- **100** local community projects supported
- **15** participants from BAME backgrounds enabled to qualify as Boxercise class facilitators and peer support advocates
- Signature Project in Scotland focused on providing PTSD support for men and to date, the project has worked with 44 men
- In Northern Ireland, Beyond Bricks was delivered in primary schools in Belfast, to support P6/P7 pupils. **100%** of teachers who delivered the programme felt it helped children understand and increase their current resilience skills.

#### Me & Money

With 83% of 17- to 18-year-olds feeling anxious about money due to the cost-of-living crisis, Me & Money addresses the crucial link between financial health and mental wellbeing. This UK-wide programme, co-produced with young people, empowers them with the knowledge, tools, and confidence to better understand their relationship with money and its impact on their mental health.

#### Impact and reach in 2023/24:

- **1,539** young people reached during the pilot phase

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- **49** organisations reached
- **83%** of participants gained a better understanding of the connection between money and mental health
- **74%** felt more equipped to manage their emotions and feelings around money

**Into Work**

While 80% of people living with a mental illness want to work, only 20% are employed. Our award-winning Into Work service, alongside workplace mental health programmes, supports individuals with poor mental health in securing employment and helps businesses create supportive, stigma-free work environments.

**Impact and reach in 2023/24:**

- **437** referrals received across Gravesend, Harrow, and Wrexham
- **344** people supported in creating personalised recovery and vocational plans
- **94** people supported into meaningful employment or volunteering opportunities
- **98%** of clients showed measurable improvement in their mental health after engaging with the service

**Clic**

With 2.6 million adults across Great Britain feeling lonely "often" or "always," Clic serves as a vital online peer support platform. It connects people across the UK, offering a safe, moderated environment for peer-to-peer conversations and access to mental health resources, helping to reduce isolation and provide essential information.

**Impact and reach in 2023/24:**

- **1,433** new users signed up
- Over **200,000** page views
- **59%** of Clic user say using the platform has had a positive impact on their mental health
- **79%** of Clic users who would recommend Clic to someone else who is struggling with their mental health

**Mental Health and Money Advice Service**

In the UK, it is estimated that 50% of people in debt also experience a mental health problem; and one in five people experiencing a mental health problem also experiences money issues. Through our award-winning Mental Health and Money Advice service, Mental Health UK helps people better understand, manage and improve their financial and mental health by providing clear and practical advice and support.

**Impact and reach in 2023/24:**

- Supported **1,013** clients
- **78%** of clients reported increased wellbeing
- **81%** of clients said the support had improved their ability to manage their money
- **1.2m** people accessed the MHMA website

MHMA achieved **£7.72m** in financial outcomes, consisting of:

- **£3.4m** debts managed
- **£1.27m** debts written off

- **£2.4** benefit gains
- **£16k** charitable payments
- **£546k** other gains

### **Workplace & Training**

Recognising that every workplace is unique, our mental health programmes are tailored to meet specific needs. We deliver mental health training and develop mental health champions within organisations, equipping employees with the knowledge and tools to support their own and their team's mental health.

#### **Impact and reach in 2023/24:**

- **76** courses delivered to **1,252** people across **17** organisations
- **94.12%** average satisfaction rate
- In partnership with Lloyds Banking Group, we provided therapeutic coaching to over 1,200 small business owners:
  - **95%** felt the coaching positively impacted their mental health
  - **85%** felt it had a positive impact on their business
- Collaborated with organisations like Aldi, ISG, Lloyds Banking Group, and Bank of America to support employee wellbeing.

### **Understanding mental health**

In addition to our programme activity, the Charity also strives to provide education to help people better understand their mental health. Last year there were over 1.3 million visits to Mental Health UK's website, a 21% increase on the prior year, with over half of that number visiting and viewing content on our advice, information and support pages. With over 250,000 followers across our social media channels and 917 mentions in the media, more people have been able to access quality, evidence-based information about mental health.

One of our biggest education initiatives of 23/24 was the launch of our Burnout Report in January 2024. The report, shaped by the survey results of over 2000 people across the UK, provided a detailed overview of the state of burnout across the UK, and shared much needed advice for individuals and employers on how to challenge the causes of chronic stress. The Burnout Report had 292 media mentions since January and gained widespread media coverage, including in the Times, i News, Guardian, BBC Radio 5 Live, Independent, Express, New European, Women's Health, Stylist magazine, local BBC Radio, a range of other regional radio stations, and HR publications.

### **Fundraising Activities**

We would like to thank our fantastic supporters for continuing to raise and donate funds in support of our work. The generosity and dedication of our supporters has enabled us to help people with our award-winning services across the UK, giving them the tools they need to live their best possible life at home, school and work. Against an economic backdrop that continues to prove challenging for many, we raised £2.421m across income streams including individual giving, events, community, corporate partnerships and trusts. This was £235,000 above our target for the year, £2.186m, thanks to strong corporate partnership support.

Our corporate partnerships team has worked to extend reach in key business sectors including finance, retail and construction. Our partnership with Bank of America, as their chosen Charity of the



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Year for two years, raised almost £770,000 between April 2023 and March 2024 in support of Into Work and Mental Health Money Advice. We are incredibly grateful to Bank of America and its staff for their fundraising and volunteering efforts.

We successfully increased the number of people supporting Mental Health UK through events and community activities, with 2,166 people taking part in various activities this year, resulting in £481,000 raised for the Charity.

In October we hosted our ever-growing GLOW London event with nearly 600 people taking part in a 20km night walk through the city. In Birmingham, 300 people joined to do the same. Feedback from the event was overwhelmingly positive, and participants collectively raised over £90,000 across the two locations. In 2024/25 we will be working with our Scottish founding charity, Change Mental Health, to roll out a third event location – bringing GLOW to Edinburgh for the first time.

The Individual Giving team continued to focus on growing regular giving, resulting in just under £60,000, a 54% improvement on the previous year. Having tested multiple recruitment channels, the pool of new donors increased by 2,400, generating over £25,000 of income.

Fundraising activities are delivered to the highest ethical standards. As a member of the Fundraising Regulator, we proudly follow the standards in the Code of Fundraising Practice. We work with a professional fundraising agency who manage a face-to-face recruitment team to meet supporters and prospective supporters to raise funds for our work. Our fundraising team undertake and observe training of the professional fundraisers to ensure they meet our high standards and regularly monitor phone calls. We have a Supporter Promise which ensures that people in vulnerable circumstances are protected.

**Complaints**

During 2023/24 we received various feedback from donors about our activities, including suggestions for improvements, and questions about some communications. We received three formal complaints about our fundraising activities – these were all for the face-to-face programme and we resolved them promptly, with the agency providing immediate feedback both to the Charity and the relevant fundraisers.

### **Financial Review**

These accounts represent the period of operations to from 1st April 2023 to 31st March 2024. The Charity generated £2.877m of income.

Total income for the year reduced from £3.683m in 2022/23 following the winding down of our long-standing partnership with Lloyds Banking Group. Thanks to the generosity of our donors, we generated £2.421m from donations, the majority of which was unrestricted. Our financial strategy is to continue to grow our unrestricted supporter base to sustain our successful core programmes, while also building new partnerships to develop and deliver new programmes in our core thematic areas, as outlined in Future Plans below.

Our expenditure during this period, £4.934m, is primarily made up of grant making activity, with distributions made to our four founding charity members in accordance with either the restrictions placed on the income received by Mental Health UK or in the case of unrestricted income in accordance with the grant framework agreement. Grants awarded during this period supported the activity outlined above.

Overall we ran a planned deficit of £2.057m, before corporation tax payable of £6k, to sustain a broad range of activity, managing down our restricted reserves, including the £3.752m carried forward into the year from our partnership with Lloyds Banking Group.

A summary of the breakdown of our expenditure is included in notes 5-7 of the accounts.

### **Subsidiary company information**

Mental Health UK Services Limited operates as the trading subsidiary of Mental Health UK, it commenced trading during 2021/22 providing commercial, consultancy and training services to improve mental health in the workplace. The objective is to generate contribution to support the activities of the Charity. Following a restructure in the year, the subsidiary broke even in the year (2023: £31,358 surplus) and there will be no gift aid consideration to the Charity during 2024/25. The restructure is intended to streamline consultancy and training activity and provide a more comprehensive service to our corporate partners. It is our intention to grow this activity further and we expect a surplus in 2024/25.

The financial statements of the subsidiary have been consolidated into the financial statements of the Group.

### **Grant-making policy between Mental Health UK and the founding charities**

Our Trustees determine the core strategic priorities for grant-making activity. Each founding charity, acting as the grant recipient, will submit a detailed programme proposal to Mental Health UK for review. Once the proposal is approved, a Memorandum of Understanding (MoU) is established and signed by both parties, outlining the terms of the grant, including the total budget allocated for the programme.

Following the signing of the MoU, the Charity is required to submit quarterly financial returns based on the activities carried out during the reporting period. These financial returns ensure accountability and transparency regarding the use of grant funds.

Programme activities are closely monitored by Mental Health UK through a combination of methods, including monthly KPI reporting and regular monthly meetings to ensure progress is on track.

### **Key Risks and Uncertainties**

In relation to the overall financial control procedures, the Charity has in place a plan supplemented by

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an annual budget approved by the Board of Trustees. Monthly actual results are reported against budget and projections to year end are reviewed by senior management, and the Board of Trustees at appropriate points in their meeting cycle. The Charity's day-to-day financial processes are governed by financial policies approved by the Board. Assurance around compliance with the financial regulations is overseen by the leadership team.

Risks are assessed by the Management Team and escalated to the Board accordingly. Trustees are provided with assurance that the major risks which are identified have been reviewed and evaluated on a programmatic basis, taking account of internal controls, systems and other actions pursued to mitigate them. In this way, the Board is satisfied that the risk management strategy is appropriate to the Charity and they have gained assurance regarding the effectiveness of the risk management processes adopted.

The key strategic risks currently facing Mental Health UK are considered to be:

- The ability to continue to generate sufficient income to continue to develop our programmes of work beyond the terms of our existing corporate partnership agreements. As previously indicated, we have a clear strategy in place to secure the long-term sustainability of Mental Health and Money Advice beyond the length of the Lloyds Banking Group partnership to ensure that we manage this risk appropriately.
- The long-term change in corporate fundraising. Whilst mental health continues to be a highly relevant cause for big corporations, the way in which businesses are entering partnerships with charities is changing. We are tracking this trend closely and are developing new multifaceted ways of working with big businesses.

#### Reserves policy

Mental Health UK recognises the importance of maintaining a reserves policy to provide a prudent level of cover to meet future obligations and guard against unforeseen contingencies on a going concern basis. The reserves of the Charity at the year-end are:

	<b>£'000</b>
Unrestricted reserves – General Funds	405
Designated Funds	625
Restricted Funds	<u>3,702</u>
Total Funds	<u>4,732</u>

Our reserves policy focuses on the level of our "free" reserves. Free reserves are defined as net assets excluding restricted funds and designated funds.

Our unrestricted reserves at 31 March 2024 were £411,000 all of which represent free reserves against a target of £135,000. Noting that the Charity can vary grant awards to members in line with affordability and that as grants are payable in arrears, cash usually exceeds the level of reserves, our policy limit is calculated to ensure MHUK can meet its obligations for support costs to Rethink Mental Illness in the worst case scenario that income falls to the extent the operating model is no longer viable. The target is sufficient to cover any residual liabilities and redundancies within the support services provided by Rethink Mental Illness in the event of winding up.

Free reserves are currently held in excess of the reserves policy whilst the Charity reviews and understands its requirements for investment in projects to be funded from free reserves in the coming years, and how best to utilise these funds to support the strategic objectives as detailed in the corporate strategy adopted by the Board in April 2021.

The Board will keep its reserves approach under regular review to ensure that an appropriate balance is maintained between developing reserves to provide sufficient funds to meet its forward obligation, to provide a reserve against unforeseen events and to provide adequate resources to fund new initiatives

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in order to promote the charitable objects of Mental Health UK. Further details of reserves held at 31 March 2024 are shown in note 13 to the financial statements.

#### **Going Concern**

The Trustees have a reasonable expectation that the Charity has adequate resources to continue its activities for the foreseeable future. A significant level of restricted reserves are being held which will support our core grant streams over the next two years.

Areas at risk are the achievement of fundraising and partnership targets and income from our Workplace and Training activity. These are being monitored through the monthly management accounts process. Cashflow projections and forecasts have been prepared covering at least 12 months which support the continued operations of the Charity. Accordingly, they continue to adopt the going concern basis in preparing the financial statements as outlined in the Statement of Trustees responsibilities.

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## Plans for the Future

### Programmes

For 2024-25, Mental Health UK programmes will continue to advance the objectives set in our 2021-25 Strategy by supporting our four founding charities and tackling the most pressing mental health challenges in society. We remain dedicated to being agile and responsive to emerging issues that contribute to poor mental health, with a strong emphasis on prevention and early intervention. Our goal is to create environments where mental well-being is prioritised, driving sustainable improvements within communities.

Recognising that mental health is influenced by intersecting identities such as race, gender, socioeconomic status, and employment status, we have designed our programmes with an intersectional approach to provide equitable and inclusive support. In 2024-25, we will prioritise creating structural changes in workplaces, schools, and homes to foster environments where mental health is supported for all.

To streamline our efforts, we have refined our programmes into four key thematic areas:

1. **Work** – We are dedicated to creating supportive workplaces where mental well-being is prioritised, providing training and resources to ensure every employee feels valued.
2. **Money** – We offer preventative tools to empower individuals to enhance their financial resilience and reduce stress and to improve a person's overall mental well-being.
3. **Young People** – We provide prevention programmes that focus on building resilience among young people to strengthen their mental health.
4. **Women's Mental Health** – We will prioritise women's mental health by developing and implementing targeted initiatives.

Throughout all these areas, our focus on providing **Advice and Information** remains central - empowering those experiencing poor mental health with the knowledge and tools to seek treatment, exercise their rights, and find a way forward.

To support our ongoing work in 2024-25 and further refine our approach, each programme area is developing a strategic plan. These plans will align with our key thematic areas and guide the future direction of Mental Health UK's programmes. By strategically planning within each area, we aim to ensure that our efforts are cohesive, focused, and well-positioned to make a meaningful impact on mental health across the UK.

Some key highlights from our programmes in 2024-25 include:

- **Finishing of two pilots:** We will conclude the Into Work and Me & Money pilots, both of which have demonstrated significant impact, highlighting the critical intersection of mental health, employment and money. Following the completion and thorough evaluation of these pilots, we plan to scale both programmes, allowing us to extend support to more people across the UK.
- **Greater focus on women's mental health:** We will be launching new programme areas specifically focused on women's mental health, with a particular emphasis on the unique challenges posed by menopause. Our programmes will address the broader spectrum of women's mental health, ensuring that support is accessible, inclusive, and responsive to the diverse needs of women across the UK. Through these efforts, we aim to empower women to manage their mental health effectively and improve overall well-being during and beyond menopause.
- **Refining our workplace mental health offering:** We will be refining our workplace mental health offering in response to a planned restructure and evolving workplace mental health needs. Our new approach will emphasise the development of strategic initiatives designed to drive revenue growth and boost market competitiveness. Additionally, we will focus on our existing products,

assessing their commercial viability to ensure they effectively meet the demands of today's workplaces.

### **Fundraising**

Our 5-year Fundraising strategy will enter its second year in 24/25 and the Fundraising Team continue to focus on income growth and diversification in order to support Programme needs.

Our High-Value income streams (Partnerships, Philanthropy and Trusts and Grants) will focus on building and strengthening pipelines in 24/25 with Philanthropy and Trusts and Grants being relatively new income streams for MHUK so we plan to have these areas embedded by the end of 24/25. Our Public Fundraising continues to be successful and in 24/25 we are focusing on the expansion of our flagship event GLOW and on our value exchange activities around the menopause.

In October 2024 we are introducing a third location to our GLOW series (Edinburgh), in collaboration with Change Mental Health. Whilst this is very much a pilot and an exploration of working together as two organisations, planning is underway, and we are excited to see how this can pave the way for future locations and collaborations with MindWise and Adferiad. We are hoping to raise over £150,000 in 24/25 and plan to add one new location each year.

In May 2024 we will launch our value exchange fundraising appeal which includes a 'Menopause, Mental Health and Me' guide designed to help women understand and navigate this life transition. Created in collaboration with a board of 'Experts by Experience' within our menopause working group, the booklet contains advice on managing and tracking symptoms, seeking support, and guidance on how to speak to a GP or employer about menopause. We aim to generate 10,000 leads and recruit 300 regular givers from the appeal.

### **Name and nature of the Charity**

Mental Health UK is a Charitable Incorporated Organisation registered with the Charity Commission of England and Wales since 19 December 2016, Registered Charity no: 1170815. Its governing document is its constitution.

The term "Charity" refers to Mental Health UK and the term "Group" refers to Mental Health UK together with its subsidiary as set out in note 19.

Mental Health UK exists to challenge the causes of poor mental health and provide people with the tools they need to live their best possible life at home, school and work. In a rapidly changing world, we bring together the heritage and experience of four charities from across the country who've been supporting people with their mental health for over 50 years.

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**Reference and administrative detail**

**Registered Office:**

28 Albert Embankment  
London  
SE1 7GR

**Registered Company Number (England and Wales):** CE009425

**Registered Charity Number:** 1170815

**Chair of the Board**

Independent Trustee - Paul Jenkins

**Trustees:**

Chief Executive Officer of Adferiad - Alun Thomas  
Chief Executive Officer of MindWise - Anne Doherty  
Chief Executive Officer of Rethink Mental Illness - Mark Winstanley  
Chief Executive Officer of Change Mental Health - Nicholas Ward  
Independent Trustee - Lyn Paweleck  
Independent Trustee - Michelle Robinson (appointed 1 April 2024)

**Appointment of Trustees**

Each of the Chief Executive Officers of our founding Charities are chosen to represent their charity on the Board. Qualifying third party indemnity insurance was in place for the Trustees during the year.

Trustee induction and training is individually tailored according to the background and experience of individuals, most of whom come with experience of working in mental health. Training needs are discussed at appointment and in face to face meetings with the CEO, the Chair, fellow Trustees and Directors. Previous board meetings minutes are provided for context, along with other relevant documents, including strategy documents. Other elements may include attending external training for new Trustees and visits to services around the UK.

As the Trustee turnover is low and previous experience varies, induction and training is arranged following discussion on what each Trustee requires in order to be an effective Trustee of MHUK.

**Key Management Personnel**

The key management personnel of the Charity are its Trustees and employees of Rethink Mental Illness. A management charge is paid to Rethink Mental Illness for their time. More information on the charges is given in note 17 to the accounts,

Chief Executive Officer: Brian Dow

Senior Executive Officer: Katie Legg (resigned 7<sup>th</sup> April 2023)

Chief Financial Officer: Tanya Srikanthan (started 20<sup>th</sup> November 2023)

Tracey Simkins (resigned 31<sup>st</sup> July 2023)

Director of National Programmes: Deidre Bowen

Director of Fundraising: Caroline Crowther

Director of Campaigns and Communications: James Harris (started 7<sup>th</sup> April 2023)

Director of Policy and Practice: Lucy Schonegevel (started 1<sup>st</sup> August 2023)

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**Structure, Governance and Management**

The Trustees of Mental Health UK are the Charity's Trustees under Charity Law and the Directors of the Charitable Incorporated Organisation. They are responsible for providing leadership, setting strategy and ensuring control. The Chief Executive Officers of our four founding charities are chosen to represent their charity on the Board and two independent Trustees were approached at inception.

Day-to-day operations of the organisation are managed by the Chief Executive Officer on authority delegated by the Board. The Chief Executive Officer and the Chief Finance Officer of the Charity each has clearly defined areas of responsibility and accountability.

Mental Health UK has 77 dedicated individuals who form the core management and support team, and are employees of our English founding charity, Rethink Mental Illness. This team draws on the wider resources, knowledge and skills of the 1,000 plus staff within our four founding charities to support activities where required. This model has not only proven cost-efficient and effective but has also enabled Mental Health UK to deliver at pace. Market rates of pay for these individuals are set by Rethink Mental Illness with charges levied to Mental Health UK for their time approved by the Trustees through the annual planning process.

We also have received support from volunteers employed by some of our corporate partners, primarily on Clic where they welcomed new users to the platform, started conversations, and helped create a supportive environment alongside our team of moderators. We would like to thank Bank of America in particular for their volunteers' support this year.

The Board of Trustees is committed to developing and maintaining high standards of governance throughout the Charity. Our mission "we won't stop until everyone has the tools they need to live their best possible life" lies at the heart of all our work and feeds into the overall strategy, which is set by the Board of Trustees. The latest strategy was adopted at the Board meeting in April 2021 and the strategic objectives have been updated, which have guided work of the Charity for over almost 5 years.

We have policies and procedures in place that underpin the requirement to act with integrity and in the best interests of the Charity and its charitable purposes.

The Trustees have had due regards to the guidance issued by the Charity Commission on public benefit. They have considered the requirements of the public benefit text and are satisfied that the Charity's activities meet these criteria.

Approved by order of the members of the board of Trustees and signed on their behalf by:



**P Jenkins**  
Chair of the Trustees  
Date: 17 December 24



**STATEMENT OF TRUSTEES' RESPONSIBILITIES FOR THE YEAR ENDED 31 MARCH 2024**

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The Trustees are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England & Wales 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 Group and the Charity and of their incoming resources and application of resources, including their income and expenditure, 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 of the Charities SORP (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Group will continue in business.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Group and the Charity's transactions and disclose with reasonable accuracy at any time the financial position of the Group and the Charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the Trust deed. They are also responsible for safeguarding the assets of the Group and the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by order of the members of the board of Trustees and signed on its behalf by:



**P Jenkins**

Chair of the Trustees

Date: 17 December 2024

## **Opinion**

We have audited the financial statements of Mental Health UK (the 'parent charitable company') and its subsidiaries (the 'group') for the year ended 31 March 2024 which comprise Consolidated Statement of Financial Activities, Consolidated Group and Charity Balance Sheets, Consolidated Statement of Cash Flows and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including 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 group's and parent charitable company's affairs as at 31 March 2024, and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

## **Basis for opinion**

We conducted our audit in accordance with International Standards on Auditing (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 group and parent charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our 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. Our evaluation of the trustees' assessment of the entity's ability to continue to adopt the going concern basis of accounting included critical reviews of budgets and forecasts provided.

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

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

## **Other information**

The trustees are responsible for the other information. The other information comprises the information included in the annual report, 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

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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 (incorporating the strategic and directors' reports) for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the trustees' report (incorporating the strategic and directors' reports) has been prepared in accordance with applicable legal requirements.

In the light of the knowledge and understanding of the group and parent charitable company and their environment obtained in the course of the audit, we have not identified material misstatements in the trustees' report (incorporating the strategic report and the directors' report).

### **Matters on which we are required to report by exception**

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept by the parent charitable company, or returns adequate for our audit have not been received from branches not visited by us; or
- the parent charitable company's financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of directors' 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 included in the trustees' annual report, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

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

### **Auditor 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 specific procedures for this engagement and the extent to which these are capable of detecting irregularities, including fraud is detailed below:

- Obtaining an understanding of the legal and regulatory frameworks that the entity operates in, focusing on those laws and regulations that had a direct effect on the financial statements;
- Enquiry of management to identify any instances of known or suspected instances of fraud;
- Enquiry of management and those charged with governance around actual and potential litigation and claims;
- Enquiry of management about any instances of non-compliance with laws and regulations;
- Reviewing the design and implementation of control systems in place;
- Testing the operational effectiveness of the controls;
- Performing audit work over the risk of management override of controls, including testing of journal entries and other adjustments for appropriateness;
- Evaluating the business rationale of significant transactions outside the normal course of business;
- Reviewing accounting estimates for bias;
- Reviewing minutes of meetings of those charged with governance;
- Reviewing financial statement disclosures and testing to supporting documentation to assess compliance with applicable laws and regulations.

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

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

### **Use of this report**

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



**Stuart McKay BSc FCA DChA** (Senior Statutory Auditor)

For and behalf of MHA MacIntyre Hudson  
Chartered Accountants and Statutory Auditors  
6<sup>th</sup> Floor, 2 London Wall Place  
London, EC2Y 5AU

Date: 20/12/2024

MHA is the trading name of MacIntyre Hudson LLP, a limited liability partnership in England and Wales (registered number OC312313).

MENTAL HEALTH UK

CONSOLIDATED STATEMENT OF FINANCIAL ACTIVITIES

YEAR ENDED 31 MARCH 2024

	Note	Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 2024 £	Total funds 2023 £
<b>Income from:</b>					
Donations and legacies	3	1,541,664	879,610	2,421,274	3,202,413
Charitable activities	4	400,617	-	400,617	480,102
Interest Receivable		54,997	-	54,997	-
<b>Total income</b>		<b>1,997,278</b>	<b>879,610</b>	<b>2,876,888</b>	<b>3,682,515</b>
<b>Expenditure on:</b>					
Raising funds	5	1,218,024	-	1,218,024	643,132
Charitable activities	5	2,178,247	1,537,337	3,715,584	4,744,959
<b>Total expenditure</b>		<b>3,396,271</b>	<b>1,537,337</b>	<b>4,933,608</b>	<b>5,388,092</b>
Corporation tax payable	18	5,958	-	5,958	-
<b>Net movement in funds</b>		<b>(1,404,951)</b>	<b>(657,727)</b>	<b>(2,062,678)</b>	<b>(1,705,577)</b>
<b>Reconciliation of funds:</b>					
Total funds brought forward		2,435,265	4,359,384	6,794,649	8,500,226
Net movement in funds		(1,404,951)	(657,727)	(2,062,678)	(1,705,577)
<b>Total funds carried forward</b>		<b>1,030,314</b>	<b>3,701,657</b>	<b>4,731,971</b>	<b>6,794,649</b>

**MENTAL HEALTH UK**

**CONSOLIDATED GROUP AND CHARITY BALANCE SHEETS**

**AS AT 31 MARCH 2024**

	Note	Group		Charity	
		2024	2023	2024	2023
		£	as restated £	£	as restated £
<b>Investment in subsidiary</b>	14	-	-	2	2
<b>Current assets:</b>					
Debtors	9	183,204	1,291,661	938,927	1,777,551
Cash at bank and in hand		5,932,595	6,875,980	5,106,638	6,143,584
		<u>6,115,799</u>	<u>8,167,641</u>	<u>6,045,565</u>	<u>7,921,135</u>
<b>Creditors:</b> Amounts falling due within one year	10	(1,383,828)	(1,372,992)	(1,338,994)	(1,157,843)
<b>Net current assets</b>		<u>4,731,971</u>	<u>6,794,649</u>	<u>4,706,571</u>	<u>6,763,292</u>
<b>Total assets less current liabilities</b>		<u>4,731,971</u>	<u>6,794,649</u>	<u>4,706,573</u>	<u>6,763,294</u>
<b>Total net assets</b>		<u>4,731,971</u>	<u>6,794,649</u>	<u>4,707,573</u>	<u>6,763,294</u>
<b>Charity Funds:</b>					
Unrestricted	11	405,131	1,377,678	379,733	1,346,323
Designated	11	625,183	1,057,587	625,183	1,057,587
Restricted	11	3,701,657	4,359,384	3,701,657	4,359,384
<b>Total funds</b>		<u>4,731,971</u>	<u>6,794,649</u>	<u>4,706,573</u>	<u>6,763,294</u>

The Charity's net movement in funds for the year was a deficit of £2,056,720 (2023: £1,537,480).

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by:



P Jenkins

Chair of the Trustees

Date: 17 December 2024

The notes on pages 22 to 33 form part of these financial statements.

**MENTAL HEALTH UK**

**CONSOLIDATED STATEMENT OF CASH FLOWS**

**YEAR ENDED 31 MARCH 2024**

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	<b>Note</b>	<b>2024</b> <b>£</b>	<b>2023</b> <b>£</b>
<b>Cash flows from operating activities</b>			
Net cash used in operating activities	12	(998,380)	(2,065,557)
<b>Cashflows from investment activities</b>			
Interest receivable		54,997	-
<b>Change in cash and cash equivalents in the year</b>		<u>(943,383)</u>	<u>(2,065,557)</u>
Cash and cash equivalents at the beginning of the year		6,875,978	8,941,537
<b>Cash and cash equivalents at the end of the year</b>		<u><u>5,932,595</u></u>	<u><u>6,875,980</u></u>

As the Charity held no net debt in either the current or prior years, an analysis of changes in net debt table has not been disclosed.

The notes on pages 22 to 33 form part of these financial statements.

**1. General information**

The Charity was set up on 19 December 2016 as a Charitable Incorporated Organisation (CIO), registered in England and Wales, and treated as a public benefit entity.

Its registered office and principal place of business is 28 Albert Embankment, London SE1 7GR.

**2. Accounting policies**

**2.1 Basis of preparation of financial statements**

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

The financial statements have been prepared to give a 'true and fair' view and have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a 'true and fair' view. This departure has involved following the Charities SORP (FRS 102) published on 16 July 2014 rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2005 which has since been withdrawn.

Mental Health UK meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

The Consolidated statement of financial activities (SOFA) and Consolidated balance sheet consolidate the financial statements of the Charity and its subsidiary undertaking, Mental Health UK Services Limited. The results of the subsidiary are consolidated on a line by line basis.

**2.2 Going concern**

The budget for 2024/25 projects a net deficit of £2.5m as the Charity invests in Fundraising growth and maintains grant streams funded by Lloyds Banking Group, using £3m of restricted funds carried forward following the winding down of a long-standing partnership. The financial strategy is to grow and diversify unrestricted fundraising and increase our corporate partnership activity and we remain confident of our long-term financial sustainability in the context of growing awareness of the importance of promoting mental wellbeing.

The Trustees have stress-tested the monthly cash flow using a worst-case scenario with significant shortfalls of income over a two-year period, offset by feasible reductions in expenditure. In this scenario our lowest total cash and investment balance would be £408k, demonstrating the Charity's liquidity and financial resilience.

With the strong financial position and ability to reduce grant awards in the event of income shortfalls, the Trustees conclude that the preparation of the annual accounts to 31 March 2024 on the going concern basis is appropriate. The Trustees have not identified any material uncertainties in reaching this conclusion.



### **2.3 Income**

All income is recognised once the Charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Grants are included in the Consolidated statement of financial activities on a receivable basis. The balance of income received for specific purposes but not expended during the period is shown in the relevant funds on the Balance sheet. Where income is received in advance of entitlement of receipt, its recognition is deferred and included in creditors as deferred income. Where entitlement occurs before income is received, the income is accrued.

### **2.4 Expenditure**

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit 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. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Group's objectives, as well as any associated support costs.

Grants payable are charged in the year when the offer is made except in those cases where the offer is conditional, such grants being recognised as expenditure when the conditions attaching are fulfilled. Grants offered subject to conditions which have not been met at the year end are noted as a commitment, but not accrued as expenditure.

All expenditure is inclusive of irrecoverable VAT.

### **2.5 Stocks**

Stocks are valued at the lower of cost and net realisable value after making due allowance for obsolete and slow-moving stocks. Cost includes all direct costs and an appropriate proportion of fixed and variable overheads.

### **2.6 Debtors**

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

### **2.7 Cash at bank and in hand**

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

### **2.8 Liabilities and provisions**

Liabilities 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.

Liabilities are recognised at the amount that the Charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised in the Consolidated statement of financial activities as a finance cost.

## **2.9 Financial instruments**

The Group only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

## **2.10 Fund accounting**

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Group and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the Trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Group for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

## **2.11 Critical accounting estimates and areas of judgment**

In the application of the accounting policies, Governors are required to make judgement, estimates, and assumptions about the carrying value of assets and liabilities that are not readily apparent from other sources. The estimates and underlying assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

No significant judgements or estimates have been made in the preparation of these financial statements.

**MENTAL HEALTH UK**

**NOTES TO THE FINANCIAL STATEMENTS**

**YEAR ENDED 31 MARCH 2024**

**3. Income from donations**

	<b>Unrestricted funds 2024 £</b>	<b>Restricted funds 2024 £</b>	<b>Total funds 2024 £</b>	<b>Unrestricted funds 2023 £</b>	<b>Restricted funds 2023 £</b>	<b>Total funds 2023 £</b>
Donations	1,541,664	801,749	2,343,413	1,866,823	857,177	2,724,000
Grants	-	77,861	77,861	-	478,413	478,413
	<u>1,541,664</u>	<u>879,610</u>	<u>2,421,274</u>	<u>1,866,823</u>	<u>1,335,590</u>	<u>3,202,413</u>

**4. Income from charitable activities**

	<b>2024 £</b>	<b>2023 £</b>
Workplace Mental Health & Training	375,801	370,736
Licensing	4,550	77,400
Clic Services	20,266	31,966
	<u>400,617</u>	<u>480,102</u>

Income from charitable activities was entirely unrestricted in both years.

**5. Analysis of expenditure**

	<b>Direct costs 2024 £</b>	<b>Support costs 2024 £</b>	<b>Total funds 2024 £</b>	<b>Direct costs 2023 £</b>	<b>Support costs 2023 £</b>	<b>Total funds 2023 £</b>
<b>Raising funds:</b>						
Fundraising	891,491	326,533	1,218,024	556,587	86,546	643,133
<b>Charitable activity:</b>						
Grants	2,444,440	895,343	3,339,783	3,812,728	592,854	4,405,582
Workplace Mental Health & Training	375,801	-	375,801	339,377	-	339,377
	<u>2,820,241</u>	<u>895,343</u>	<u>3,715,584</u>	<u>4,152,105</u>	<u>592,854</u>	<u>4,744,959</u>
	<u>3,711,732</u>	<u>1,221,876</u>	<u>4,933,608</u>	<u>4,708,692</u>	<u>679,400</u>	<u>5,388,092</u>

The increase in Fundraising expenditure in the year reflects investment in future regular giving growth, to grow a sustainable base of unrestricted donations to support our growth ambitions.

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2024

**6. Analysis of grants**

By receiving partner organisation:

	<b>Unrestricted funds 2024 £</b>	<b>Restricted funds 2024 £</b>	<b>Total funds 2024 £</b>	<b>Unrestricted funds 2023 £</b>	<b>Restricted funds 2023 £</b>	<b>Total funds 2023 £</b>
Rethink Mental Illness	532,540	824,200	1,356,740	325,637	1,893,910	2,219,547
Change Mental Health	142,139	215,029	357,168	88,323	459,824	548,147
Adferiad	173,147	252,488	425,635	49,802	505,721	555,523
MindWise	106,945	197,952	304,897	14,085	475,425	489,510
	<b>954,771</b>	<b>1,489,669</b>	<b>2,444,440</b>	<b>477,847</b>	<b>3,334,880</b>	<b>3,812,727</b>

By activity:

	<b>Unrestricted funds 2024 £</b>	<b>Restricted funds 2024 £</b>	<b>Total funds 2024 £</b>	<b>Unrestricted funds 2023 £</b>	<b>Restricted funds 2023 £</b>	<b>Total funds 2023 £</b>
Bloom	-	668,386	668,386	-	653,972	653,972
Navigators	-	77,861	77,861	-	285,706	285,706
Rural Communities	-	138,464	138,464	-	88,122	88,122
Your Resilience	-	179,091	179,091	-	130,396	130,396
Helping Communities						
Prosper	-	221,282	221,282	-	459,422	459,422
Into Work	-	204,585	204,585		21,989	21,989
Clic	49,935	-	49,935	35,402	88,786	124,188
Mental Health Money						
Advice	604,836	-	604,836	142,445	1,151,324	1,293,769
Innovation & Capacity						
Building	-	-	-		455,163	455,163
Distribution of Funds						
to Partners	300,000	-	300,000	300,000	-	300,000
	<b>954,771</b>	<b>1,489,669</b>	<b>2,444,440</b>	<b>477,847</b>	<b>3,334,880</b>	<b>3,812,727</b>

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2024

**7. Analysis of support costs**

	<b>2024</b>	<b>2023</b> <i>as restated</i>
	£	£
Finance, HR & IT	470,072	200,711
Communication	288,335	87,764
Management and administration	404,288	356,434
Governance	59,181	34,491
	<u>1,221,876</u>	<u>679,400</u>

Support costs were entirely allocated to activity funded by unrestricted funds in both years. The figure for 2023 has been restated to separate governance costs from finance and management and administration costs. This restatement has not impacted the results for the year ended 31 March 2023.

Finance, HR & IT costs include £276,408 of centrally held irrecoverable VAT for goods and services purchased across all MHUK activities (2023: £113,887). Communication costs increased to £288,335 (2023: £87,764), directly supporting expanded content for our beneficiaries across our core services and supporting our fundraising growth.

Note A Governance costs

	<b>2024</b>	<b>2023</b>
	£	£
Insurance	10,666	10,744
Professional services	19,761	7,792
External audit fees	11,950	15,795
Other governance costs	16,804	160
	<u>59,181</u>	<u>34,491</u>

Note B Net income/(expenditure) for the year is stated after charging:

	<b>2024</b>	<b>2023</b>
	£	£
External auditors' fees for audit of the financial statements	11,950	15,795
External auditors' fees for Corporation	1,000	-
Tax services	<u>          </u>	<u>          </u>

**8. Trustees' remuneration and expenses**

During the year, no Trustees received any remuneration or other benefits (2023 - £Nil).

During the year ended 31 March 2024, no Trustee expenses have been incurred (2023 - £Nil).

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2024

9. Debtors

	<b>Group 2024</b>	<b>Group 2023 <i>as restated</i></b>	<b>Charity 2024</b>	<b>Charity 2023 <i>as restated</i></b>
	£	£	£	£
<b>Due within one year:</b>				
Trade debtors	70,955	387,814	17,748	294,898
Amounts owed by members	-	475,688	-	475,688
Amounts owed by subsidiaries	-	-	844,428	578,806
Prepayments and accrued income	112,249	428,159	108,109	428,159
	<u>183,204</u>	<u>1,291,661</u>	<u>970,285</u>	<u>1,777,551</u>

During the year the Trustees reassessed the classification of assets previously recognised as Stock. Representing fundraising materials, they concluded it most appropriate to show these assets as prepayments, and as such the prior year comparative information has been restated. This restatement has not impacted the results for the year ended 31 March 2023.

10. Creditors: Amounts falling due within one year

	<b>Group 2024</b>	<b>Group 2023 <i>as restated</i></b>	<b>Charity 2024</b>	<b>Charity 2023 <i>as restated</i></b>
	£	£	£	£
Trade creditors	6,949	21,918	6,949	21,918
Grants payable to members	865,925	747,160	865,925	108,223
Management charge payable to RMI	444,379	188,366	409,416	
Other taxation and social security	3,913	15,729	-	-
Corporation Tax payable	5,958	-	-	-
Accruals and deferred income	56,704	399,819	56,704	1,027,701
	<u>1,383,828</u>	<u>1,372,992</u>	<u>1,338,994</u>	<u>1,157,843</u>

During the year the Trustees reassessed the classification of amounts owed to members, which includes grants payable and amounts owed to Rethink Mental Illness (RMI) for management services. They concluded it most appropriate to show these two types of creditor separately, and as such the prior year comparative information has been restated. This restatement has not impacted the results for the year ended 31 March 2023.

Deferred Income

	<b>Group 2024</b>	<b>Group 2023</b>	<b>Charity 2024</b>	<b>Charity 2023</b>
	£	£	£	£
Balance at beginning of year	354,467	598,936	155,047	598,936
Amount released to incoming resources	(324,897)	(491,505)	(125,477)	(491,505)
Amount deferred in year	15,872	247,036	15,872	47,616
	<u>45,442</u>	<u>354,467</u>	<u>45,442</u>	<u>155,047</u>

Deferred income includes the balance of funding from Johnson and Johnson to support specific staff members for our Navigators programme and income from Scottish Gas Networks for specific activity to be delivered by Change Mental Health in 2024/25.

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2024

11. Statement of funds

	Balance at 1 April 2023 £	Income £	Expenditure £	Balance at 31 March 2024 £
<b>Unrestricted funds</b>	1,377,678	1,590,651	(2,563,198)	405,131
<b>Designated funds:</b>				
Clic	47,697	20,266	(56,319)	11,644
Mental Health & Money Advice	573,659	386,361	(629,714)	330,306
Fundraising	436,231	-	(152,998)	283,233
	<u>1,057,587</u>	<u>406,627</u>	<u>(839,031)</u>	<u>625,183</u>
<b>Total Unrestricted funds</b>	2,435,265	1,997,278	(3,402,229)	1,030,314
<b>Restricted funds:</b>				
Lloyds Banking Group	3,751,922	312,610	(909,260)	3,155,272
Johnson & Johnson	-	77,861	(77,861)	-
Allan & Gill Gray	382,873	-	(180,801)	202,072
Neptune	165,005	200,000	(138,464)	226,541
Bank of America	59,584	289,139	(230,951)	117,772
<b>Total Restricted funds</b>	4,359,384	879,610	(1,537,337)	3,701,657
<b>Total of funds</b>	<u>6,794,649</u>	<u>2,876,888</u>	<u>(4,939,566)</u>	<u>4,731,971</u>

Represented by:

	Unrestricted funds £	Designated funds £	Restricted funds £	Total funds £
Current assets	1,788,959	625,183	3,701,657	6,115,799
Creditors due within one year	(959,322)	-	(424,506)	(1,383,828)
	<u>829,637</u>	<u>625,183</u>	<u>3,277,151</u>	<u>4,731,971</u>

**Designated Funds**

**Clic:**

Clic designated funds represent income generated from the sale of Clic services to be reinvested into continuation of the service, to ensure the income continues to benefit users in full.

**Fundraising:**

A designated fund to provide investment into long-term fundraising growth, to generate a sustainable base of regular giving supporters. Much of this investment is planned for 2024/25 in line with our fundraising strategy.

**Mental Health and Money Advice:**

Fund set to support the continuation of the Mental Health & Money Advice Service. The balance will support activity in 2024/25.

**Restricted Funds**

**Lloyds Banking Group:**

The Lloyds Banking Group restricted funds relate to an agreement with Mental Health UK to establish and run the Mental Health and Money Advice Services across the four member charities, Rethink Mental Illness, Adferiad, Change Mental Health and MindWise. Much of the balance remaining will support young people's services over the next two years.

**Johnson & Johnson:**

Our partnership with Johnson & Johnson enables us to pilot a navigation programme in primary care in four locations across the UK. All revenue from this partnership was spent within the year.

**Allan & Gill Gray:**

This long-standing partnership enables us to deliver resilience workshops to young people in CAMHS and sports talent pathways. The remaining balance will support continuity of Your Resilience in 2024/25.

**Neptune:**

Funding for supporting people with poor mental health in rural communities. The balance will be applied to the Rural Communities grant stream in 2024/25.

**Bank of America:**

Funding to provide a holistic employment service providing wraparound support to help people back into employment. While the partnership with Bank of America continues, the balance held here supports continuity of the Into Work grant stream.



MENTAL HEALTH UK

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2024

11a. Statement of funds 2023

	Balance at 1 April 2022 £	Income £	Expenditure £	Transfers £	Balance at 31 March 2023 £
<b>Unrestricted funds</b>	<b>1,830,711</b>	<b>2,314,958</b>	<b>(1,977,405)</b>	<b>(790,587)</b>	<b>1,377,678</b>
<b>Designated funds:</b>					
Hopes & Dreams	267,000	-	-	(267,000)	-
Clic	-	31,966	(31,966)	47,697	47,697
Fundraising	-	-	-	436,231	436,231
Mental Health & Money Advice	-	-	-	573,659	573,659
	267,000	31,966	(31,966)	790,587	1,057,587
<b>Total Unrestricted funds</b>	<b>2,097,711</b>	<b>2,346,924</b>	<b>(2,009,371)</b>	<b>-</b>	<b>2,435,265</b>
<b>Restricted funds:</b>					
Lloyds Banking Group	5,906,381	692,224	(2,849,682)	3,000	3,751,923
Johnson & Johnson	3,000	285,706	(285,706)	(3,000)	-
Allan & Gill Gray	335,007	181,087	(133,221)	-	382,873
Neptune	158,127	95,000	(88,122)	-	165,005
Bank of America	-	81,572	(21,989)	-	59,584
<b>Total Restricted funds</b>	<b>6,402,515</b>	<b>1,335,590</b>	<b>(3,378,721)</b>	<b>-</b>	<b>4,359,384</b>
<b>Total of funds</b>	<b>8,500,226</b>	<b>3,682,515</b>	<b>(5,388,092)</b>	<b>-</b>	<b>6,794,649</b>

Represented by:

	Unrestricted funds £	Designated funds £	Restricted funds £	Total funds £
Current assets	2,750,669	1,057,587	4,359,384	8,167,640
Creditors due within one year	(1,372,992)	-	-	(1,372,992)
	1,377,677	1,057,587	4,359,384	6,794,649

12. Reconciliation of net movement in funds to net cash flow from operating activities

	Group 2024 £	Group 2023 £
Net income for the year (as per Statement of Financial Activities)	(2,062,678)	(1,705,577)
<b>Adjustments for:</b>		
Decrease/(Increase) in debtors	1,108,459	307,107
Increase/(Decrease) in creditors	10,836	(667,087)
Interest receivable	(54,997)	-
<b>Net cash provided by operating activities</b>	<b>(998,380)</b>	<b>(2,065,557)</b>

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2024

**13. Related party transactions**

Rethink Mental Illness in England, Adferiad in Wales, MindWise in Northern Ireland and Change Mental Health in Scotland are all members of Mental Health UK. Mental Health UK is not controlled by any one of these entities.

During the year Mental Health UK awarded grants to members totalling £2,444,440 (2023: £3,334,880) as shown in note 6 above.

Direct staff and related support are provided by Rethink Mental Illness. The total amount payable to Rethink Mental Illness for these charges, and excluding grants payable for the year, was £1,198,339 (2023: £558,680). The balance outstanding due to Rethink Mental Illness at the balance sheet date was £444,379 (2023: £188,366).

**14. Principal subsidiaries**

The following was a subsidiary undertaking of the Charity:

Name	Company Number	Registered office or principal place of business	Principal activity
Mental Health UK Services Limited	10201914	The Dumont, 28 Albert Embankment, London, SE1 7GR	The provision of education, training and consultancy services in respect of mental health
<b>Class of shares</b>	<b>Holding</b>	<b>Included in consolidation</b>	<b>Value of share capital</b>
Ordinary	100%	Yes	£2 (2023: £2)

The financial results of the subsidiary for the year were:

	Income £	Expenditure £	Deficit £	Net assets £
Mental Health UK Services Limited	375,801	(381,759)	(5,958)	25,402

Expenditure by the subsidiary includes a charge from Rethink Mental Illness of £241,287 for the year, covering the cost of direct staff in addition to management costs. This amount is included in the total charge for the Group from Rethink Mental Illness of £1,198,339 in note 13. A further £134,514 was paid on behalf of the subsidiary by the Charity and is included in the £844,428 owed by the subsidiary to the Charity shown in note 9.

**15. Key management personnel**

Key management personnel include those outlined in the Trustee's report. These individuals are employed and remunerated by Rethink Mental Illness and the cost of their salaries, including employers' national insurance and pensions, is included in a management charge paid to Rethink Mental Illness. Salaries explicitly included in this recharge for the Chief Executive Officer, Senior Executive Officer, Director of National Programmes and Director of Fundraising totalled £187,431 (2023: £268,451).

**NOTES TO THE FINANCIAL STATEMENTS**

**YEAR ENDED 31 MARCH 2024**

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**16. Volunteers**

Our corporate partners volunteer staff to help the charity in various ways such as running customer feedback workshops, supporting our fundraising activity and other general volunteering. The financial statements do not include an estimate representing the financial value of volunteer time.

**17. Employees**

The Company had no employees in either the current or prior year, other than the directors, who did not receive any remuneration (2023 £NIL).

**18. Corporation Tax**

Profits on the subsidiary, MHUK Services Limited, are subject to Corporation Tax at the prevailing rate.

In the year 2022/23 the subsidiary generated taxable profits of £31,358, generating a Corporation Tax liability of £5,958.

	<b>2024</b>		<b>2023</b>
	£		£
MHUK Services Ltd - Profit before taxation	-		31,358
Standard rate Corporation Tax at 19%	-		5,958

Note that there are no timing differences or other adjustments applicable to the Corporation Tax calculation.