

ANNUAL ACCOUNTS

2019 – 2020



Mental Health
Foundation





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Administration



Patron	HRH Princess Alexandra The Hon Lady Ogilvy KG GCVO
Trustees	Keith Leslie (Chair to July 2020) Kyla Brand Neil Caldicott (resigned July 2019) Linda de Caestecker Jacqui Dyer OBE (resigned July 2019) Ann John Jenny Paton (Vice Chair) Aisha Sheikh-Anene (Chair from July 2020) Chris Martin (Joined July 2019) Siobhan Sheridan (Joined July 2019) Steve Workman (Joined July 2019) Jonny Jacobs (Joined November 2019) Rosie Tressler OBE (Joined November 2019) Narayanan Vaidyanathan (Joined November 2019)
Secretary	John Tyson (Resigned November 2019) Adrian Lance (Appointed January 2020)
President	Professor Jacqui Dyer OBE (Appointed July 2019)
Chair of the Friends of the Foundation	Fiorella Massey
Vice Presidents	Lord Dholakia OBE PC DL Lady Euston
Senior Management Team	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 John Tyson, Director of Finance & Resources (Resigned November 2019) Adrian Lance, Director of Finance & Resources (Appointed January 2020)



Registered and principal office	Colechurch House 1 London Bridge Walk London SE1 2SX
Website	www.mentalhealth.org.uk
Twitter	@mentalhealth
Facebook	www.facebook.com/mentalhealthfoundation
Company registration number	O2350846 (England and Wales)
Charity registration numbers	England and Wales: 801130 Scotland: SC 039714
Auditor	Buzzacott LLP 130 Wood Street London EC2V 6DL
Bankers	Coutts & Co 440 Strand London WC2R 0QS
Investment managers	CCLA Investment Management Limited COIF Charity Funds Senator House 85 Queen Victoria Street London EC4V 4ET
Solicitors	Bates Wells Braithwaite London LLP 10 Queen Street Place London EC4R 1BE

Introduction; Making prevention happen



'Prevention is better than cure' is a mantra that we often hear extolled and yet is rarely put into practice. In fact, we know the opposite is often true. The vast majority of resources of government, civil society and even the private sector are directed towards investing in treating illness, finding cures and managing the symptoms of ill health.

The COVID-19 pandemic has shone a light on how health is not simply an individual, medical issue. Good health is a collective endeavour which depends on each other and a society that supports people to thrive. With life expectancy stalling for the first time in a generation, we cannot afford, either socially or economically, to continue to ignore the causes of ill-health and expect to meet the health challenges we face in the twenty-first century.

With mental health, this is especially true. Our conviction is that the devastating impact of mental health problems of all kinds can be prevented.

When you consider that depression is already the leading cause of disability in the world and you understand the contribution that poor mental health also makes to poor physical health, prevention in mental health should be a national and global priority.

However, prevention requires empowering individuals and communities to support their mental health. It needs bold action to address issues like poverty, racism, economic inequalities that mean some in our society face much greater risk of mental ill-health than others.

We need to move away from thinking primarily about treating individuals or disorders, and focus on the skills and resources needed to create mentally healthy communities. It will require sustained and radical action nationally, locally and individually if we are to achieve a transformation for the next generation to reach their full potential.

That is our charitable focus – to achieve a step change in the prevention of mental health problems across the UK and support mentally healthier lives.

We have a cultural awakening and increased political and academic concern for mental health that makes this a better time than any before to realise this vision.

Coming out of a physical health crisis in COVID-19, in the coming year we aim to lead a movement for change to focus on how we build a mentally healthier society. We want to empower individuals to find a way of living that brings mental health dividends not simply deficits.

That will require us to reach out widely to persuade people to come together to work collectively towards good mental health for all.

Who we are



Our vision

Our vision is good mental health for all.

Our mission

To help people understand, protect and sustain their mental health.

Since 1949, the Mental Health Foundation has been the UK's leading charity for everyone's mental health.

With prevention at the heart of what we do, we aim to find and address the sources of mental health problems so that people and communities can thrive.

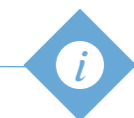
The practical things we do



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



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



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



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

Introduction



We hope we will look back on 2019/2020 as a seminal year for the Mental Health Foundation. In November 2019, the Foundation celebrated its 70th year. It was a milestone that bore witness to the dedication and passion that has driven the Foundation in raising awareness and finding better answers to support our mental health. We were delighted to be joined by our fantastic supporters, our staff and board as well as our patron HRH Princess Alexandra, president, Jacqui Dyer OBE and our chair of the Friends of the Foundation, Fiorella Massey. It was a special privilege to meet family members of our founder Derek Richter to mark this occasion with us.

But as well as celebrating our significant achievements of the past, we also took the opportunity to look forward. After nine months of work and thought, the Foundation launched its new strategy, Making Prevention Happen.

See the full strategy on our website: <https://rebrand.ly/MHF-strategy>

The strategy outlines our commitments to achieve greater impact, influence and integrity in our work. It lays out a vision of a society which puts our mental health

at its heart which, if heeded, would see a sustained reduction in levels and severity of mental ill-health and better mental health for all.

During the year, the executive have gone to work to bring that vision to life through our ground-breaking research across



Derek Richter founded our organisation in 1949 to address the imbalance in physical and mental health funding.

the UK, policy work and applied work in prevention in communities across the UK. Our subsidiary community interest company, Mental Health At Work, continues to help businesses tackle stigma and enable workplaces to address mental health. It was also a year where we strengthened our work and commitment in Wales, Scotland and Northern Ireland.

Our work in public engagement continues to grow. Our website is now one of the UK's leading sites on mental health guidance and advice. When the

Foundation first launched Mental Health Awareness Week (MHAW), few would have envisaged how it has grown to a powerful UK-wide week of events that millions of people get involved with. The 2019 theme and report on Body Image addressed an issue that is too often ignored but central to good mental health.



As the financial year drew to a close, the Foundation came to terms with the COVID-19 pandemic. We moved quickly to close our three offices and protect staff health.

Due to the generosity of our supporters, we were able to play a full part in the national effort to support the mental health of the nation, developing one of the UK's leading COVID-19 information hubs and launching a major new longitudinal study on the impact of COVID-19 on the UK population.

The Foundation has deepened its commitment to standing against racism and discrimination which is so damaging to people's mental health. We are striving to increase our own diversity as well as creating a sense of real belonging through support for our staff's wellbeing.

Our financial position remains strong and we are investing our surplus in responding to the mental health needs of the UK population and in line with delivering our ambitious new strategy for 2020-2025. We are committed to building a sustainable organisation and a transformation in the Foundation's impact and reach.

This report sets out our work in more detail and we welcome the opportunity to work with new partners and donors who share our vision and ambition for good mental health for all.

AISHA SHEIKH-ANENE
Chair of Trustees

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 2020.

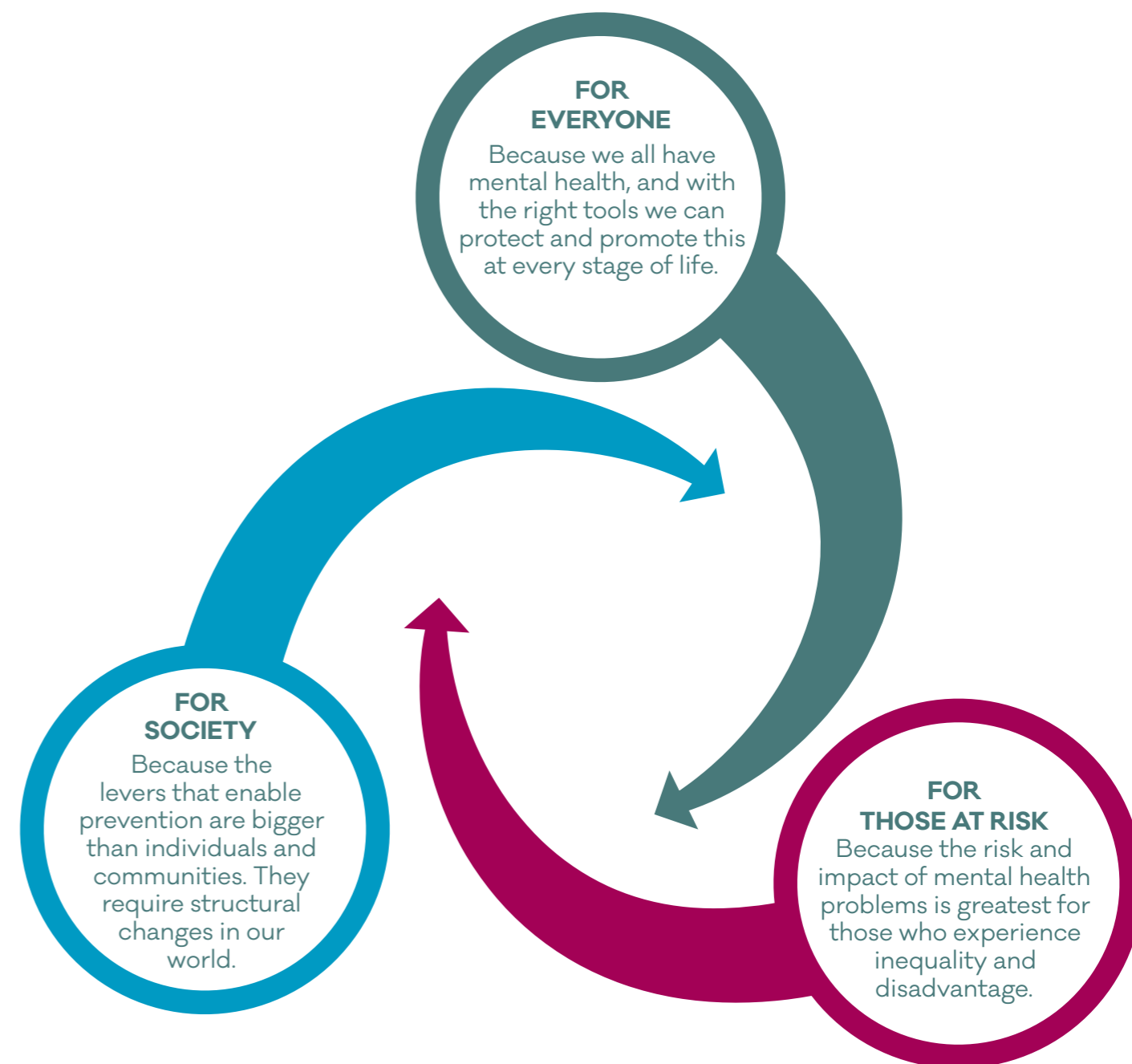
The report has been prepared in accordance with Part VIII of the Charities Act 2011 and constitutes a directors' report for the purpose of company legislation.

The financial statements have been prepared in accordance with the accounting policies set out on pages 42 - 46 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 objectives and achievements

① Improving our understanding of how to prevent mental health problems

Last year:

- We published seminal reports summarising the evidence and knowledge on:
 - prevention and mental health
 - tackling social inequalities to address mental health problems.
- We published an important state-of-a-generation report, providing the latest evidence on the mental health of young people and how to prevent problems.
- In partnership with Public Health Wales, we published a co-produced report on the mental health of farmers and their families, summarising the evidence on what programmes of support might work for this population.
- We published a three-year evaluation of See Me, Scotland's anti-stigma programme, and presented at a conference of 100 delegates including Scotland's Minister for Mental Health.
- We published our hard-hitting study on support for those bereaved by suicide in Scotland.
- We published academic articles and led a series of successful events marking the end of our four-year international CRISP (Citizenship, Recovery and Inclusive Societies Partnership) exchange with New York, Yale and Illinois Universities.
- We launched 'Empowering people through physical activity', a participatory research project with Queen's University Belfast.

Plans for the year going forward:

- We will publish a new important state-of-a-generation report, providing the latest evidence on the mental health of adults during key life transitions and how problems can be prevented.
- We will complete a research trial in Manchester assessing the efficacy of a digital mental health tool for prevention.
- We will conduct comprehensive research on the impact of the COVID-19 pandemic on mental health in the UK.
- We will lead a longitudinal study with all of Scotland's 18 higher education establishments on student mental health and best practice in prevention, with Universities Scotland.
- We will publish reports from an exciting new research collaboration with Barnardo's and Strathclyde University on strategic partnerships for young people's mental health.
- We will launch the large-scale youth prevalence study for Northern Ireland with Ulster and Queens Universities.



② Creating new evidence-based solutions

Last year:

- We set up new projects across England and Wales working with population groups who are at higher risk for mental health problems, which included:
 - young people whose parents live with mental health problems
 - refugees
 - new university students
 - communities of men who are isolated.
- We continued running our big peer education project in secondary schools, reaching over 20,000 students across England, Wales and Scotland.
- We continued running a big pilot project across southern Wales supporting older people living in supported accommodation to build connections and communities.
- We further developed our community leadership programme with refugees across Scotland.
- We established 'We Can' Scotland to provide young people with long-term health conditions a platform to show how services can better meet their mental health needs.

Plans for the year going forward:

- We will set up a high-profile project, licenced and adapted from the United States, called 'Becoming A Man' to provide a psychologically informed approach to support boys and young men who are experiencing challenges and are at risk of being involved in youth violence.
- We will scale our work with training refugees to be community leaders in Wales.
- We will work with the University of Sussex to co-produce resources and support programmes for young people to protect their mental health in university.
- We will set up a young leaders panel and a research community of experts by experience to ensure that lived experience informs all our work at all levels.
- We will develop our 'Stress Less' programme to support wellbeing during transitions to secondary schools for young people.
- As joint lead partners we will help to renew our 'See Me' national anti-stigma programme into a new five-year phase.

Our objectives and achievements



3 Making practical support available

Last year:

- We made advice and support available through our multiple digital channels in the form of articles, podcasts, blogs and campaigns.
- We offered a variety of self-help guides in print and online, including publishing new suicide prevention advice to help people know where to start when they want to support a loved one.
- We continued as leadership partners in Future Pathways, a £13m fund for people who experienced abuse in care in Scotland, which supported over 1000 people to access support.
- We continued to deliver our long-standing refugee mental health programme, Community Conversation, in Scotland.
- We continued to host Voices of Experience, Scotland's national mental health service-user advocacy organisation supporting hundreds of members across Scotland.

Plans for the year going forward:

- We will curate a world-leading page with diverse advice on looking after your mental health during the COVID-19 pandemic. It will include advice and support based on the latest evidence, and articles co-produced by people with lived experience, translated in many languages spoken in the UK.
- We will work with WWF-UK to publish a comprehensive guidebook for mental health aiming to raise awareness and open conversations about mental health issues, while recognising the increasingly important role that nature plays in supporting positive mental wellbeing.
- We will publish a new "How to look after your mental health" guide, including new evidence-based solutions for protecting and promoting good mental health based on rigorous and transparent research led by our research team.

4 Be an advocate for change

Last year:

- We published authoritative recommendations for improving body image and mental health using measures in policy and practice.
- We published a manifesto for the UK government advocating for mental health equality, analysed the positions on mental health of all parties going into the general election, and lobbied for increased attention to mental health through meeting politicians and officers.
- We responded to the Prevention Green Paper consultation and were a strong and consistent advocate for the value of taking a public mental health approach in all policies.
- We co-chaired the Scottish government's policy group on body image and young people and produced recommendations for policy change.
- We used our research to effectively influence Scotland's national suicide prevention leadership group, to develop and fund a new approach to support families bereaved by suicide.

Plans for the year going forward:

- We will advocate for a role for kindness in public policy for Mental Health Awareness Week and publish comprehensive evidence on what kindness means.
- We will continue our advocacy for improving the understanding around body image and mental health for young people.
- We will publish a briefing on the role of image-editing apps and how their negative impacts on mental health can be mitigated.
- We will advocate for the UK to maintain public mental health as a priority in any new national structures influenced by the pandemic.
- We will work to influence local election manifestos to ensure a voice for mental health.
- We will launch new research and a map to present suicide risks across England and signpost local authorities to interventions.
- We will develop a high-impact manifesto campaign for the Scottish parliamentary elections.
- We will take on the leadership of Scotland's Mental Health Partnership.
- We will play an influential role in the formation of the Northern Ireland ten-year mental health strategy.
- We will lead the 'More than just a condition' campaign for young people with long-term health conditions in Scotland to highlight mental health during the pandemic.

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

Fiorella Massey (Chair)
Claire Beecham
Sindy Capln
Michaela Caraffa
Janie Critchley
Caroline Bettaney Cruddance
Georgina David
Cindy Dawood
Marianne De Giorgio
Mary Fitter
Kate Glick
Alison Goldberg
Fiona Grunschlag
Susan Heller
Candice Hurwitz
Vanessa Jossel
Marsha Lee
Jennifer Leigh
Maxine Leslau
Alison Lurie
Louise Nathanson
Riquita Newmark
Wendy Press,
Francesca Tait

DONATIONS & LEGACIES



Unrestricted donations from Trusts and Foundations (greater than £1,000)

Peacock Charitable Trust £27,000
Hugh and Mary Miller Bequest £8,800
Martin Charitable Trust £5,500
Salomon Oppenheimer Philanthropic Foundation £5,000
Scouloudi Foundation £3,000
White Oak Charitable Trust £2,000
G M Morrison Charitable Trust £1,500

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 2019/20

Stephen Schick	£1,250,000
Sheila Jane Talbot	£340,904
Walter Pearce	£140,000
Mavis Ramm	£129,262
Angela Mary Dunn	£100,000
Mary Jane Morrison	£59,000
Margaret Wood	£54,217
Evelyn Harrand	£52,000
John Stewart	£21,189
Sally Marshall	£19,000
John Bird	£18,000
Desdemona Jeeps	£14,220
J W Barnes	£12,751
Stella Mary Sanders	£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 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 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 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.

Public fundraising

We continue to engage by post, email and phone as well as face-to-face with hundreds of people across the UK. This helps us engage with a wider audience and turn these conversations into action by recruiting new regular supporters who help contribute to a strong sustainable Foundation.

Community fundraising

We continue to see a growth in income from our community fundraising activities; bringing people together in their communities all having fun together and raising vital money by holding fundraisers, walking, running, playing music and eating, with a shared belief that no one should face mental health problems alone.

We have also launched a new fundraising initiative, MHF Live. We recognise music as a powerful tool - not only can it lift moods, but it can also help to break down stigma, encourage conversation and promote positive mental health for all.



CORPORATE PARTNERSHIPS

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

Through our work with business, we look to achieve three things – Income, Impact, and Insight. We are delighted to work with partners that want to raise money for us through staff activities and reaching out to customers – but our interests are deeper than that. Our partnerships also enable us to get our message to staff, to customers and to the communities the business' we serve.

We spend a third or more of our life at work – workplaces have a key role to play in protecting and improving our mental health. We're delighted that partnerships often enable companies to start a mental health programme for staff, that can include adapting our evidence-based content, and bringing in the training and development programmes we offer directly and through Mental Health at Work, our thriving subsidiary that specialises in delivering tailored programmes to business.

This year we have worked with over twenty corporate partners in a range of different sectors including financial services, fashion, media, recruitment, and hospitality. As we are a small team we can work in a personal way with our partners – tailoring partnerships to meet the needs of small and large businesses.

Manolo Blahnik

In May 2019 we launched a partnership with luxury fashion brand shoe Manolo Blahnik. During Mental Health Awareness Week 2019, Manolo Blahnik International raised funds through sales of green shoes in their London Boutiques and by donating in return for likes on their Instagram feed, with 3.2m followers. This was the start of an ongoing partnership which has flourished.

XPS Group PLC

XPS Pensions Group selected the Foundation as its charity partner in January 2019. With 1200 staff in 15 locations across the UK, the business marked Mental Health Awareness Week in offices across the UK by selling green ribbons, wearing green to work, and by hosting Curry & Chaat and Tea & Talk events. Alongside the fundraising events, we have also been supporting the business in developing its mental health programme, training over 150 managers in the business and providing monthly content for the firm's intranet.

Fundraising & communications



CORPORATE FUNDRAISING CONTINUED

Zizzi

In January 2020 we launched a major national partnership with Italian restaurant chain Zizzi, who hope to raise £1m for the Foundation in a three-year partnership.

At the core of our partnership with Zizzi is the opportunity for every customer to donate 25p to the Foundation as part every card transaction, working with Pennies, the digital charity box.

This feature went live in October 2019 and we have already had over 160,000 donations this way – each one an opportunity to bring the charity to a new person who could benefit.

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

- Agilent
- Brakes
- XPS Group PLC
- Manolo Blahnik International
- 3MonkeysZeno
- Brookfield
- Pen Underwriting
- BMS Group
- Autotrader
- The Yogscast
- Gatenby Sanderson
- Gallagher Group (Glasgow)
- Morton Mortgages
- Hearst Group
- Nielsen
- Zizzi
- Interstate Hotels Group
- Travel Weekly
- Withers LLP



CAMPAIGNS

Mental Health Awareness Week (MHAW)

This MHAW proved to be the biggest yet in the 19 years we have hosted the campaign. This year's theme was body image – how we think and feel about our bodies. Our thoughts and feelings about our bodies can impact us throughout our lives, affecting the way we feel about ourselves and our mental health and wellbeing.

During the week we hosted a parliamentary reception to raise awareness of our research report and policy asks among influential stakeholders and policy makers, including the Minister for Mental Health, Inequalities and Suicide Prevention. The report helped lead to a parliamentary inquiry into reality TV, Scottish governmental action and a meeting with the Advertising Standards Authority.

We also launched a new body image module as part of our Peer Education Project, which teaches young people in schools all about mental health, and shared 13 personal stories across the week bringing a new level of authenticity and warmth to our content.

There was four times as much media presence as last year, and ten times as much as a few years ago, and major broadcasters supported the week – BBC/ITV, and The Guardian published a mental health supplement.

Scottish Mental Health Arts Festival (SMHAF)

Now in its 13th year, the Scottish Mental Health Arts Festival is one of Scotland's biggest and most diverse cultural events, encompassing film, theatre, literature, visual art, music, dance, storytelling and creative workshops. Its unique approach ensures it connects with audiences that other arts festivals often struggle to reach.

The annual festival that we lead took place in May as part of MHAW, with over 300 events across Scotland exploring the theme of 'Connected'.

This year the festival featured events with asylum seekers, travellers, the LGBT community, and families affected by suicide and other traumatic events, in a wide-ranging programme that focused on the importance of staying connected to each other, and the impact of isolation on our mental health.

World Mental Health Day (WMHD)

How do we help people to feel hopeful about preventing suicide? That's what we asked ourselves in the run-up to World Mental Health Day on 10th October 2019, the theme of which was suicide prevention.

To show people how they can personally help with suicide prevention we produced a 'WAIT' graphic and unveiled it at our 'human green ribbon' event in London's Trafalgar Square, on World Mental Health Day.

In Wales and Scotland, we marked World Mental Health Day by projecting giant images of the green ribbon onto prominent buildings in Cardiff and Glasgow respectively.

In Glasgow, the projections included messages about suicide awareness and prevention.

OUR YEAR IN NUMBERS



over
40,000

Direct programme beneficiaries

over
15

programmes working with
vulnerable populations



773

Supporters fundraising for us at events



81,332

Publications sold



131k

Green
ribbons sold



1,996

Cash gifts
received



5,972,859

Website hits

Fundraising & communications

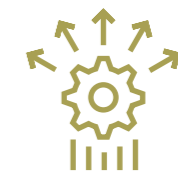


DIGITAL TRANSFORMATION

Digital Transformation

Our new strategy requires our digital audience to grow from four to eight million, our social community to grow to one million and total income to stabilise at £13m, underpinned by sustained digital income.

To support this, we have created a strategic roadmap for digital to articulate what role it plays today, and the role it needs to play in delivering the Foundation's new strategy. By describing our digital ambition and establishing high-level objectives and goals for digital, we will have a better sense of what direction we need to take, how we should do this, and what our priorities will be (including a new website in 2021).



Financial review



FINANCIAL RESULTS FOR THE YEAR ENDED 31 MARCH 2020

The Foundation recorded a surplus of £6.1m compared to £4.5m the previous year.

Income – £12.6m (2019: £10.1m)

The growth in the Foundation's income was mainly due to the substantial increase in digital fundraising income which grew to £5.8m (£5.2m after adjusting for the under accrual from 2018/19). This growth continues to reflect the increased importance of mental health and in particular the Foundation's approach of prevention.

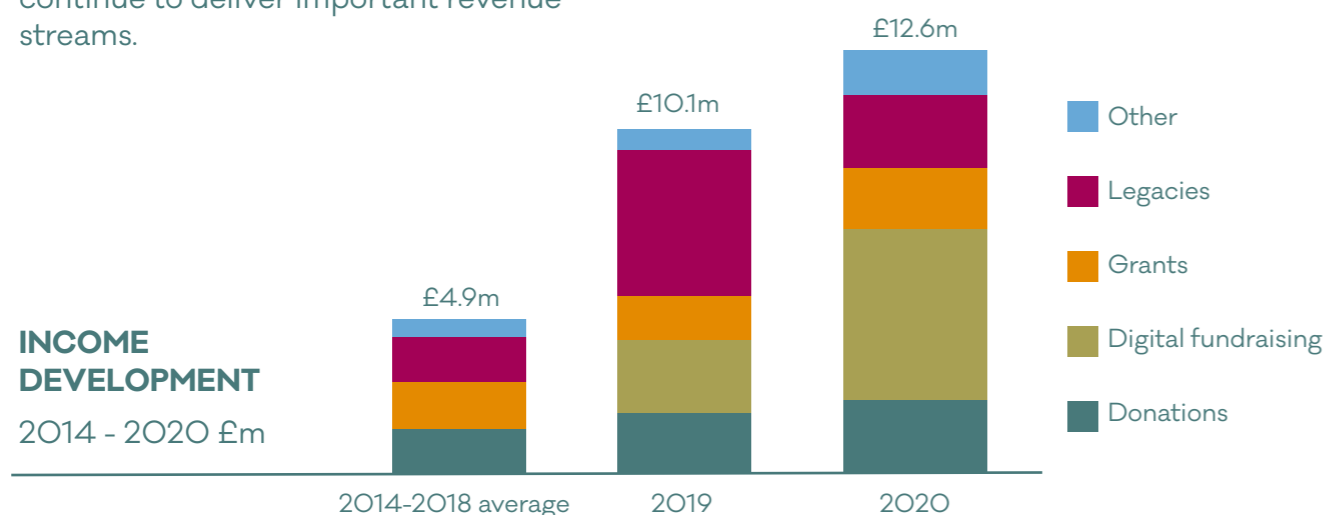
Legacies again provided a significant income stream (£1.8m) with £1.25m of this coming from the extremely generous bequeathment of Stephen Schick (£2.5m was received in the previous financial year).

Whilst our digital fundraising income especially has driven the notable increase in income overall, other areas of fundraising, events and individual giving especially, continue to deliver important revenue streams.

Due to the unprecedented increases in unrestricted income, restricted income was only 12% of total income in the current financial year, down from an average of 30% across the preceding 5 years.

However, the Foundation still recognises the importance of this income stream and hence we maintain good relationships with all of our grant funders.

The split of overall income streams of the Foundation, from the average for 2014-2018, through 2019 to the current year can be seen below and shows the significant impact of digital fundraising in the current year and legacies across the last two years.



FINANCIAL REVIEW

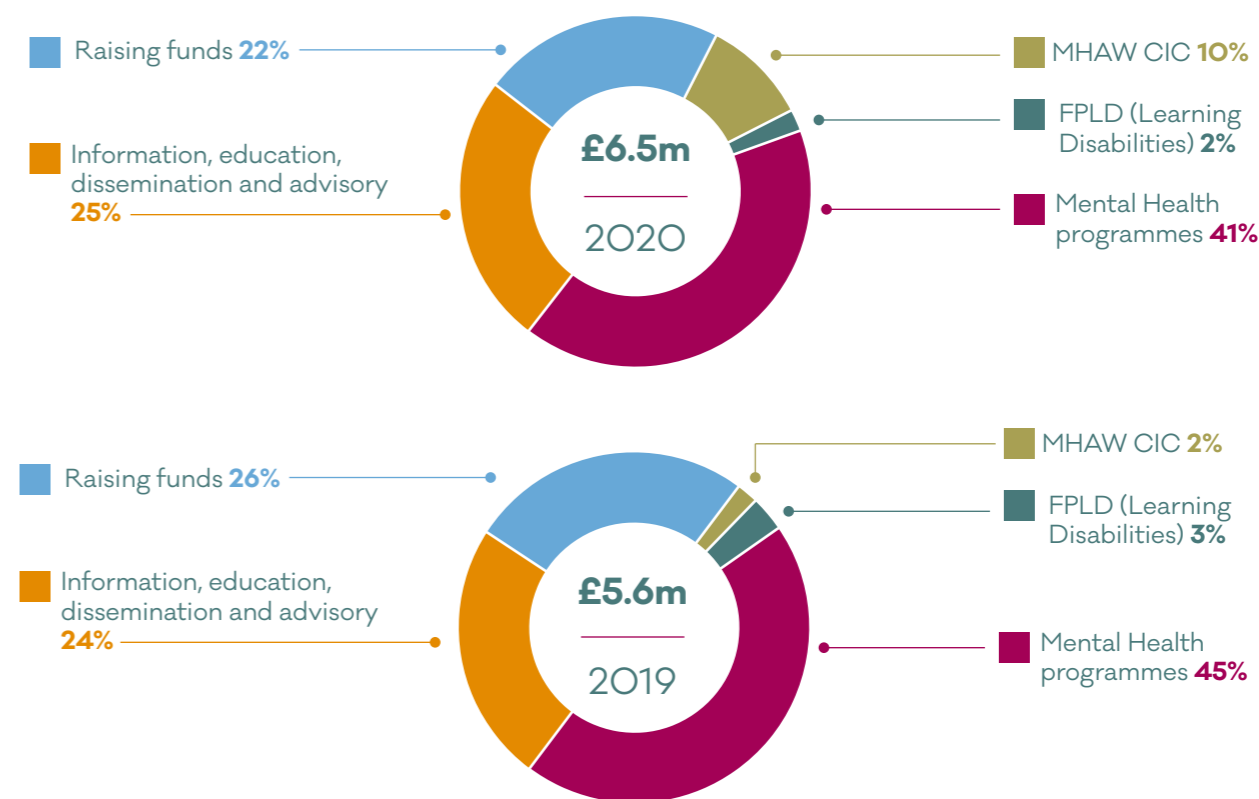
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Expenditure – £6.5m (2019: £5.6m)

The total expenditure increase of £0.9m was principally due to the increased activity of the subsidiary Mental Health at Work CIC as they increased their output combined with increased investment into our information, education, dissemination and advisory service programmes.

The split of overall expenditure areas of the Foundation for 2020 and 2019 are shown below.



Staff costs increased by 24% driven by the same increase in employees as we continue to invest in our staff base to drive forward our new five year strategy.

FINANCIAL REVIEW

(continued)



Balance Sheet

Net Assets £13.3m (2019: £7.2m)

The growth in the Net Assets is mainly reflected in the increase in cash balances of £8.6m due to the continued generous unrestricted donations which is partially offset by the decrease in debtors of £2.1m, principally due to legacy accruals (£2.8m).

The total net assets are represented by unrestricted funds of £2.3m, restricted funds of £1.0m, designated funds of £10.0m, 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 forecasted impact of the COVID-19 pandemic and the UK's exit from the EU, revenue streams could be under significant 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 unrestricted reserves at 31 March 2020 was £2.3m. This represents about 4.3 months of unrestricted expenditure. The trustees estimate that the charity's 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 a specific amount in readily available cash reserves due to the potentially uneven receipt of funds from legacies and any other short-term cash necessity.

As a result, in addition to a target of minimum reserves the trustees have decided to set a target level of cash reserves equal to at least three months' total expenditure based on liquid funds available for immediate use, this equates to £1.5m.

Whilst the trustees recognise that the Foundation's general reserves and cash reserves, £12.1m as of 31st March 2020, are currently significantly above their reserves policy, they anticipate that based on the planned designed fund usage, detailed below, 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 surplus' 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:

FINANCIAL REVIEW

(continued)



1. Office Purchases Fund £5.5m

Currently the Foundation leases offices in all three of our locations which leads to high on-going operations costs. The Foundation has identified that we want to move to offices that provide better working environments and have decided we should look to see if purchasing property would be the right option, in terms of having an asset that will secure its long term future, whilst taking account of potential changes to office working post-COVID-19.

2. COVID-19 Community Investment Fund £2m

The impact of COVID-19 upon the public's mental health is profound and unequal. The Foundation has decided to invest £2m of its reserves over the next 2 years to support communities directly and disproportionately affected. The focus of this investment is in programmes (interventions) whilst ensuring close links between the other major areas of the Foundation's work (policy, research, communications and fundraising).

3. Stephen Schick – Resourcing the Strategy Fund £2.5m

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, we have set aside £2.5m, which was from the Stephen Schick Legacy to finance the strengthening regional presence of the Foundation across the UK, to invest in fundraising, to develop programmes at scale, and to ensure the future financial and cultural sustainability of the Foundation.

Investment Policy

In light of the extremely generous donations we have had over the last two years, which have given us significant surplus' 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.

Based on this the CCLA Charities Ethical Investment Fund <https://rebrand.ly/ccla-ethical-investment> was selected and up to £5m invested during the financial year 2020-21 based on current forecasts.

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

Trustee recruitment and appointment

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 & Resources, 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).

STRUCTURE, GOVERNANCE AND MANAGEMENT

(continued)



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 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.

STRUCTURE, GOVERNANCE AND MANAGEMENT

(continued)



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 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 recently 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 implemented a pay and benefits system in 2016 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

STRUCTURE, GOVERNANCE AND MANAGEMENT

(continued)



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 resources 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.

The on-going impact of COVID-19 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 is remotely based 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-19 crisis but also relating to wider issues and beyond
- Failure to deliver on the new strategic plan
- A vulnerable person is exploited or harmed

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

STRUCTURE, GOVERNANCE AND MANAGEMENT

(continued)



policies and procedures and advanced email protection.

- Communication to and feedback from staff on plans and strategies during the COVID-19 pandemic. Review of what provisions employees need with the new working arrangements. As offices have been reopened full risk assessments, consultation and implementations plans have been in place.
- 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.

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.
- 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

- Throughout the year as the understanding of the important digital fundraising revenue stream has developed, we have ensured we are engaging with donors 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.

Approved by and signed on behalf of the trustees

**AISHA SHEIKH-ANENE
Chair of Trustees**



Image: As part of our World Mental Health Day events, we formed a 'human green ribbon' in Trafalgar Square

Independent auditor's report



OPINION 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 2020, which comprise the group statement of financial activities, the group and charitable parent company balance sheets, the group 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 group's and of the charitable parent company's affairs as at 31 March 2020 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 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

We have nothing to report in respect of the following matters in relation to which the ISAs (UK) require us to report to you where:

- the trustees' use of the going concern basis of accounting in the preparation of the financial statements is not appropriate; or
- the trustees have not disclosed in the financial statements any identified material uncertainties that may cast significant doubt about the group's or the charitable parent company's ability to continue to adopt the going concern basis of accounting for a period of at least twelve months from the date when the financial statements are authorised for issue.

INDEPENDENT AUDITOR'S REPORT

(continued)



Other information

The trustees are responsible for the other information. The other information comprises the information included in the Annual Report 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 including 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 group and the charitable parent company and its 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:

INDEPENDENT AUDITOR'S REPORT

(continued)



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

Responsibilities of trustees

As explained more fully in the trustees' responsibilities statement, 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 the charitable parent 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 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.

INDEPENDENT AUDITOR'S REPORT

(continued)



USE OF OUR REPORT

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. This description forms part of our auditor's 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
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 2020

Group	Note	Unrestricted funds £'000	Restricted funds £'000	Designated funds £'000	Permanent endowment funds £'000	Total 2020 funds £'000	Total 2019 funds £'000
Income from:							
Donations		7,144	30	-	-	7,174	3,519
Legacies		583	-	1,250	-	1,833	3,909
Fundraising events		904	-	-	-	904	699
Investments		43	-	-	-	43	5
Charitable activities							
- Statutory grants receivable	1	67	303	-	-	370	234
- Other grants	1	75	1,102	-	-	1,177	1,204
Incoming resources from activities in furtherance of the charity's objectives							
- Charitable trading activities	2	1,075	31	-	-	1,106	580
Total income		9,891	1,466	1,250	-	12,606	10,149
Expenditure on:							
Raising funds		1,733	-	320	-	2,053	1,533
Charitable activities							
- Mental Health Programmes	3	1,258	1,380	37	-	2,675	2,525
- Learning Disability Programmes		71	80	1	-	152	151
- Information, education, dissemination and advisory services programme		1,193	323	105	-	1,621	1,359
Total expenditure		4,254	1,784	463	-	6,501	5,568
Net income (expenditure) for the year before transfers	6	5,636	(318)	787	-	6,105	4,582
Transfers between funds		(6,995)	282	6,713	-	-	-
Statement of total recognised gains and losses							
Net income (expenditure)		(1,358)	(37)	7,500	-	6,105	4,582
Acquisition		-	-	-	-	-	(60)
Net movement in funds		(1,358)	(37)	7,500	-	6,105	4,522
Balances brought forward at 1 Apr 19		3,673	1,004	2,500	45	7,222	2,699
Balances carried forward at 31 Mar 20		2,315	967	10,000	45	13,327	7,222

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 2020

Charity	Note	Unrestricted funds £'000	Restricted funds £'000	Designated funds £'000	Permanent endowment funds £'000	Total 2020 funds £'000	Total 2019 funds £'000
Income from:							
Donations		7,144	30	-	-	7,174	3,519
Legacies		583	-	1,250	-	1,833	3,909
Fundraising events		904	-	-	-	903	699
Investments		43	-	-	-	43	5
Charitable activities							
- Statutory grants receivable	1	67	303	-	-	370	234
- Other grants	1	75	1,102	-	-	1,177	1,204
Incoming resources from activities in furtherance of the charity's objectives							
- Charitable trading activities	2	408	31	-	-	438	284
Total income		9,224	1,465	1,250	-	11,939	9,854
Expenditure on:							
Raising funds		1,096	-	320	-	1,416	1,434
Charitable activities							
- Mental Health Programmes	3	1,258	1,380	37	-	2,675	2,525
- Learning Disability Programmes		71	80	1	-	152	151
- Information, education, dissemination and advisory services programme		1,193	323	105	-	1,621	1,359
Total resources expended		3,617	1,784	463	-	5,864	5,469
Net incoming (outgoing) resources for the year	6	5,607	(318)	787	-	6,075	4,385
Transfers between funds		(6,995)	281	6,713	-	-	-
Statement of total recognised gains and losses							
Net income		(1,388)	(37)	7,500	-	6,075	4,385
Net movement in funds		(1,388)	(37)	7,500	-	6,075	4,385
Balances brought forward at 1 Apr 19		3,535	1,003	2,500	45	7,084	2,699
Balances carried forward at 31 Mar 20		2,147	967	10,000	45	13,159	7,084

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.

BALANCE SHEETS

AS AT 31 MARCH 2020

	Notes	Group		Charity	
		2020 £'000	2019 £'000	2020 £'000	2019 £'000
Fixed assets					
Tangible assets	10	28	—	28	—
Investments	11	45	45	45	45
		73	45	73	45
Current assets					
Debtors	12	1,878	3,991	1,740	3,805
Investments	11	408	405	408	405
Cash at bank and in hand		12,031	3,469	11,618	3,231
		14,317	7,865	13,766	7,441
Liabilities					
Creditors: amounts falling due within one year	13	(1,063)	(688)	(680)	(402)
Net current assets		13,254	7,177	13,086	7,039
Total net assets		13,327	7,222	13,159	7,084

REPRESENTED BY: FUNDS AND RESERVES

Income funds					
Unrestricted funds		2,315	3,673	2,147	3,535
Designated funds	14	10,000	2,500	10,000	2,500
Restricted funds	15	967	1,004	967	1,004
		13,282	7,177	13,114	7,039
Capital funds					
Permanent endowment funds	16	45	45	45	45
		13,327	7,222	13,159	7,084

Signed on behalf of the trustees by:



AISHA SHEIKH-ANENE
Chair of Trustees

Mental Health Foundation, Company Limited by Guarantee
Registration Number O2350846 (England and Wales)

Approved by the trustees on 31 March 2020

GROUP STATEMENT OF CASH FLOWS

YEAR TO 31 MARCH 2020

	Notes	2020 £'000	2019 £'000
Cash flows from operating activities:			
Net cash provided by operating activities	A	8,555	2,650
Cash flows from investing activities:			
Investment income received		43	5
Purchase of tangible fixed assets		(33)	—
Net cash provided by investing activities		10	4
Change in cash and cash equivalents in the year		8,565	2,655
Cash and cash equivalents at 1 April 2019	B	3,874	1,219
Cash and cash equivalents at 31 March 2020	B	12,438	3,874

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

	2020 £'000	2019 £'000
Net movement in funds (as per the statement of financial activities)	6,105	4,523
Adjustments for:		
Depreciation Charge for the year	5	—
Interest Received	(43)	(5)
(Increase)/decrease in Debtors	2,113	(2,077)
Increase/(decrease) in Creditors	375	209
Net cash provided by operating activities	8,555	2,650

B: Analysis of cash and cash equivalents

	2020 £'000	2019 £'000
Total cash and cash equivalents:		
Cash at bank and in hand	12,031	3,469
Short term cash investments	408	405
	12,438	3874



Principal accounting policies



Basis of accounting

These financial statements have been prepared for the year to 31 March 2020 with comparative information provided in respect to the year to 31 March 2019.

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. The net income attributable to the charity in the year was £6,075,098 (2019: £4,388,126). 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-19 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 sources, they are recognised to the extent that it is probable that the economic

PRINCIPAL ACCOUNTING POLICIES

(continued)



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 installments 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.

PRINCIPAL ACCOUNTING POLICIES

(continued)



Allocation of support and governance costs (continued)

Governance costs comprise the costs involving the public accountability of the 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 2020

1. INCOME FROM: GRANTS RECEIVABLE

Group and Charity	2020 £'000	2019 £'000
Statutory grants		
- Scottish	273	218
- Welsh	97	16
	370	234
Other grants	1,177	1,204
	1,547	1,438

The income from grants relate to the following charitable activities:

Group and Charity	2020 £'000	2019 £'000
Mental Health Programmes	1,547	1,438
Learning Disabilities Programmes	—	—
Information, education, dissemination and advisory services programme	—	—
	1,547	1,438

Statutory grants receivable comprise:

Group and Charity	2020 £'000	2019 £'000
Scottish Government		
VoX	120	165
What Works For You	—	45
Research Consultancy	—	8
Scottish Mental Health Arts and film Festival (SMHAFF)	16	—
Refugee HPG	25	—
We Can	15	—
Suicide Postvention	7	—
Survivors	90	—
	273	218
England and Wales		
Mental Health Campaign (Public Health England)	54	—
Service User Forum (Welsh Assembly Government)	—	11
Joint Education Committee (Welsh Assembly Government)	—	5
Farming and Brxit (Public Health Wales)	13	—
Thrive Thamesview (London Borough of Barking & Dagenham)	30	—
	97	16
Total Statutory Grants	370	234

NOTES TO THE FINANCIAL STATEMENTS 31 MARCH 2020

1. INCOME FROM: GRANTS RECEIVABLE (CONTINUED)

Other grants comprise:

Group and Charity	2020 £'000	2019 £'000
Big Lottery	222	300
- England – Reaching Communities (Babies in Mind)	—	132
- England – Community Fund (Kids Time)	35	—
- England – Reaching Communities (Pass it On (Good mental health for ALL))	85	—
- Scotland – Community Fund (My Voice)	—	51
- Scotland – Heritage Fund (Reclaim Our Heritage)	—	35
- Wales – People and Places (Standing Together Cymru)	102	82
Barnardo's	65	—
Scottish Reserch Consultancy	3	—
Mental Health & Wellbeing Evaluation	61	—
Scottish Association for Mental Health	144	170
Scottish Association for Mental Health (Stigma and Discrimination)	124	130
Scottish Association for Mental Health (Art & Stigma)	—	20
Scottish Association for Mental Health (SMHAFF)	20	20
Scottish Film Festival	41	57
Creative Scotland	28	30
Royal College of Psychiatrists	10	—
Other grants	4	27
Peer Education	75	—
Garfield Weston Foundation	50	—
Sobell Foundation	25	—
Other grants	—	—
Self Management Training and Peer Support for middle-aged Irish men	65	—
City Bridge Trust	32	—
SIR HALLEY STEWART TRUST	33	—

CONTINUED

NOTES TO THE FINANCIAL STATEMENTS 31 MARCH 2020

1. INCOME FROM: GRANTS RECEIVABLE (CONTINUED)

Other grants comprise (continued):

Group and Charity	2020 £'000	2019 £'000
Other grants >£25,000		
Community Child Health (The Adverse Childhood Experiences Resilience)	64	—
Constance Travis Charitable Trust	50	—
Disability Action NI (Drill)	37	112
European Commission (Emen)	26	146
Health in Mind (Survivor Fund)	57	133
Health and Social Care Alliance (We Can)	—	57
Mercers Trust (Creating Communities)	31	—
NHS Borders (Screening Inequality)	94	86
Impact Funding Partners (Refugee Health Policy Action Group)	30	—
The Wellcome Trust (Dads, Football and Public Engagement)	44	—
University of Strathclyde (Refugee Health Policy Action)	—	26
Other grants <£25,000		
Gwynedd Council	22	—
Health and Social Care Alliance Scotland	13	—
King's College London	6	—
MIND NAMH	14	—
NRS Mental Health Network	9	—
Single Parents Wellbeing	1	—
THE LACES TRUST	2	—
University of Glasgow	8	—
University of Stirling	5	—
University of Sussex	24	—
University of Warwick	5	—
Voices of Experience	1	—
Winston Churchill Memorial Trust	15	—
Alma & Leslie Wolfson Charitable Trust	0	—
Cardiff City Foundation	2	—
Renfrewshire Council	2	—
Universitäts Klinikum Bonn	2	—
Other grants <£25,000	—	67
	1,177	1,204

NOTES TO THE FINANCIAL STATEMENTS 31 MARCH 2020

1. INCOME FROM: GRANTS RECEIVABLE (CONTINUED)

Other grants comprise (continued):

In accordance with the group's accounting policy, the following have been included within donations and gifts within the statement of financial activities as they relate to core funding:

Group and Charity	2020 £'000	2019 £'000
Peacock Charitable Trust	—	27
The 3Ts Charitable Trust	—	15
University of Edinburgh	—	9
Hugh and Mary Miller Bequest	—	6
The Martin Charitable Trust	—	5
Horton Charitable Trust	—	5
Other	—	32

2. INCOME FROM: CHARITABLE TRADING ACTIVITIES

Group and Charity	2020 £'000	2019 £'000
Publications and merchandise	365	227
Other	73	57
Charity total	408	284
Income from subsidiary	667	296
Group total	1,075	580

Expenditure relating to the Group's subsidiary, Mental Health at Work CIC, are included within costs associated with raising funds. Of the above, £22,000 of publications and merchandise and £9,000 of other income related to restricted funds.

3. EXPENDITURE ON CHARITABLE ACTIVITIES

Group and Charity	Direct costs £'000	Support costs (note 5) £'000	Total 2020 £'000	Direct costs £'000	Support costs (note 5) £'000	Total 2019 £'000
Mental Health Programmes	2,156	519	2,675	2,100	421	2,520
Learning disability programmes	129	24	152	120	31	151
Information, education, dissemination and advisory services programme	1,386	235	1,621	1,106	253	1,359
	3,671	777	4,448	3,326	704	4,030

Direct costs comprise:

Group and Charity	Staff costs £'000	Other costs £'000	Total 2020 £'000	Staff costs £'000	Other costs £'000	Total 2019 £'000
Mental Health Programmes	1,474	681	2,156	1,166	938	2,104
Learning disability programmes	101	28	129	90	30	120
Information, education, dissemination and advisory services programme	729	657	1,386	720	386	1,106
	2,304	1,367	3,671	1,976	1,354	3,330

At 31 March 2020 the group and charity had no commitments in respect to future grants (2019: none).

NOTES TO THE FINANCIAL STATEMENTS 31 MARCH 2020

4. GOVERNANCE COSTS

Group and Charity	2020 £'000	2019 £'000
Legal and professional fees	33	44
Trustees' expenses and other trustee related costs	7	8
Charity total	41	52
Legal and professional fees - subsidiary	2	4
	43	56

All governance costs relate to unrestricted funds.

5. SUPPORT COSTS

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

Group	London office £'000	IT £'000	Finance £'000	Human resources £'000	Total 2019 £'000
Costs of raising funds	70	29	37	16	152
Mental Health Programmes	195	83	97	46	421
FPLD	15	6	6	3	31
Information, education, dissemination and advisory services programme	118	49	58	27	253
	397	167	199	93	856

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

NOTES TO THE FINANCIAL STATEMENTS 31 MARCH 2020

6. NET INCOME This is stated after charging:

	Group		Charity	
	2020 £'000	2019 £'000	2020 £'000	2019 £'000
Staff costs (note 1)	3,618	2,910	3,305	2,763
Depreciation	5	—	5	—
Auditor's remuneration				
- Audit	15	14	15	14
- Other services (other assurance)	4	1	4	1
- Other services (HR consultancy services)	5	—	5	—
Operating lease rentals				
- Land and buildings	156	136	156	136
- Equipment	21	18	21	18

7. STAFF COSTS

	Group		Charity	
Staff costs during the year were as follows:	2020 £'000	2019 £'000	2020 £'000	2019 £'000
Wages and salaries	3,020	2,419	2,746	2,288
Social security costs	304	235	274	221
Other pension costs	265	195	257	193
	3,589	2,849	3,277	2,702
Agency and temporary staff	28	61	28	61
	3,618	2,910	3,305	2,763

The average monthly number of employees (including temporary staff) during the year was 94 (2019: 76).

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	2020 No.	2019 No.
£60,000 - £70,000	3	1
£70,000 - £80,000	1	1
£80,000 - £90,000	—	1
£100,000 - £110,000	1	—
£110,000 - £120,000	—	1

Employer contributions made to a money purchase scheme in respect of the above employees during the year amounted to £30,295 (2019: £30,098).

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 £417,680 (2019: £349,116).

NOTES TO THE FINANCIAL STATEMENTS 31 MARCH 2020

8. TRUSTEES' REMUNERATION, EXPENSES AND DONATIONS

No trustee received any remuneration in respect of their services as a trustee during the year (2019: none).

Expenses reimbursed to, or paid on behalf of, trustees during the year were as follows:

	2020		2019	
	No of trustees	Aggregate amount £'000	No of trustees	Aggregate amount £'000
Travel, expenses and other	7	8	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 £3,203 (2019: £2,755) and provided cover of £1,000,000 (2019: £1,000,000).

The charity received no donations from trustees during the year (2019: £3,989).

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.

10. TANGIBLE FIXED ASSETS

Group and charity	Fixtures, fittings and equipment £'000
Cost	
At 1 April 2019	205
Additions	33
Disposals	—
At 31 March 2020	238
Depreciation	
At 1 April 2019	205
Additions	5
Disposals	—
At 31 March 2020	210
Net book values	
At 31 March 2019	—
At 31 March 2020	28

NOTES TO THE FINANCIAL STATEMENTS 31 MARCH 2020

11. INVESTMENTS

Group and charity	Unlisted investments £'000	Cash deposits £'000	Total £'000
Fixed asset investments			
At 1 April 2019 and at 31 March 2020	—	45	45
Current asset investments			
At 1 April 2019	—	405	405
Interest reinvested		3	
At 31 March 2020	—	408	408

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 2020.

12. DEBTORS

	Group		Charity	
	2020 £'000	2019 £'000	2020 £'000	2019 £'000
Trade debtors	344	347	206	161
Prepayments	187	83	187	83
Accrued income	643	—	643	—
Other debtors	9	112	9	112
Legacy notifications	695	3,449	695	3,449
	1,878	3,991	1,740	3,805

13. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	Group		Charity	
	2020 £'000	2019 £'000	2020 £'000	2019 £'000
Expense creditors	214	178	198	161
Other creditors	263	243	174	127
Service delivery deferred income	538	172	260	19
Accruals	48	95	48	95
	1,063	688	680	402

Deferred income includes the below income received in advance to carry out the activities in the next financial year: Youth Endowment Fund Grant for the Becoming a Men project: £122,817, The National Lottery Community Fund for the Kids Time Southwark project: £71,200, Grants received for Mental Health Arts and Film Festival (SMHAFF), Scottish Government: £15,500, Scottish Association for Mental Health: £20,000, Royal College of Psychiatrists: £10,000 and Big Lottery Fund (Wales) for the Standing Together Cymru project: £18,507.

NOTES TO THE FINANCIAL STATEMENTS 31 MARCH 2020

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 2019 £'000	Income £'000	Expenditure £'000	Transfers £'000	At 31 Mar 2020 £'000
Arts & Stigma	17	—	(15)	—	2
Barnardo's Mental Health & Wellbeing Evaluation (Barnardo's)	—	61	(42)	—	19
Becoming a Man (Youth Endowment Fund Grant)	—	—	—	—	—
Creating Communities (Mercers Trust)	—	31	(31)	—	—
Crisp (Marie Sklodowska-Curie Actions)	2	1	(3)	—	—
Dads Football (The Wellcome Trust)	—	44	(44)	—	—
Drill	64	37	(94)	—	7
E-Men (European Commission)	—	26	(154)	128	—
Evaluation of DBI (University of Stirling)	2	5	(5)	—	2
Gwynedd Youth Service (Gwynedd Council)	—	22	(18)	—	4
Irish Men	—	65	(60)	—	5
KidsTime Southwark (National Lottery Community Fund)	—	36	(36)	—	—
Pass it on (National Lottery Fund)	17	85	(76)	—	26
Peer Education Project	173	97	(133)	(60)	77
Reclaim our heritage (Big Lottery – Scotland Heritage Fund)	68	2	(30)	—	40
Refugee and Asylum Seeker (British Red Cross)	10	15	(22)	—	3
Refugee Health Policy Action Group (Scottish Govt)	19	55	(60)	—	14
Research	415	—	(15)	154	554
My Voice (Sawti)	34	—	(34)	—	—
Scotland - Research & Policy (Scottish Government)	7	—	—	(7)	—
Screening Inequality (NGS Borders)	68	94	(51)	—	111
SITUATE (University of Sussex)	—	24	(40)	20	4
SMHAFF	—	83	(83)	—	—
Standing together-Cymru (Big Lottery Fund)	31	102	(133)	—	—
Stigma and Discrimination (Scottish Association for Mental Health)	33	124	(140)	—	17
Suicide Postvention (Scottish Government)	—	7	(14)	7	—
Survivors (Health in Mind)	11	148	(158)	—	1
The ACES (Adverse Childhood Experiences) Resilience (Community Child Health)	6	71	(68)	—	9
Thrive Thamesview (London Borough of Barking & Dagenham)	15	30	(45)	—	—
TRIUMPH (University of Glasgow)	—	8	(8)	—	—
VOX	—	120	(120)	—	—
We Can (Health and Social Care Alliance Scotland)	4	15	(19)	—	—
What I Need to Tell You (Health and Social Care Alliance Scotland)	—	13	(9)	—	4
WCMT Mental Health Fellowships (Winston Churchill Memorial Trust)	2	15	(14)	—	3
Women of Scotland	—	24	(3)	—	21
Other restricted funds	6	6	(8)	40	44
	1,004	1,466	(1,785)	282	967

NOTES TO THE FINANCIAL STATEMENTS 31 MARCH 2020

14. RESTRICTED FUNDS (continued)

	At 1 Apr 2018 £'000	Income £'000	Expenditure £'000	Transfers £'000	At 31 Mar 2019 £'000
BLF England Reaching Communities (Self-help and Isolation)	18	7	(19)	(6)	—
BLF England Reaching Communities (Young Mums Together)	10	—	(10)	—	—
BLF England Reaching Communities (Mums and Babies in Mind)	36	98	(130)	(4)	—
BLF Scotland Investing in Communities (Peer Support for Carers)	4	—	(4)	—	—
BLF Wales People and Places (Creating Connections)	(2)	—	—	2	—
BLF Wales People and Places (Parc Prison)	4	—	—	(4)	—
Health Education England (Through Each Other's Eyes)	(1)	—	—	1	—
E-Men (European Commission)	(22)	147	(168)	43	—
My Voice (Sawti)	41	51	(57)	—	35
Mental health and cancer	2	—	(2)	—	—
U Can	43	43	(85)	(1)	—
Stigma and Discrimination (SAMH)	15	130	(112)	—	33
Scottish Recovery Network (HOP)	9	—	(9)	—	—
Arts & Stigma	12	20	(15)	—	17
Scottish Government via Voluntary Action Fund / Awards for All Scotland / Hugh Fraser Foundation / Scottish Episcopal Church (Refugee HPG)	22	—	—	(22)	—
Citizenship, Recovery and Inclusive Societies Partnership (CRISP)	(2)	23	(21)	2	2
Survivors (Health in Mind)	31	133	(153)	—	11
What Works	21	—	(19)	(2)	—
Coalition	79	—	(82)	3	—
Employers' Guide	6	—	(6)	—	—
Research prize fund	7	—	—	—	7
Maternal Mental Health Alliance	6	—	(6)	—	—
Peer Education	—	276	(103)	—	173
Drill	—	112	(48)	—	64
Refugee Health Policy Action	—	54	(57)	22	19
Reclaim Our Heritage	—	40	—	28	68
Screening Inequality	—	86	(18)	—	68
What Works For You	—	45	(50)	5	—
Standing Together – Cymru	—	82	(51)	—	31
Voices of Experience	—	115	(117)	2	—
Restricted legacies - Research	—	—	—	409	409
Other restricted funds	416	238	(270)	(317)	67
	755	1,700	(1,612)	161	1,004

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.

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 will offer 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 will deliver weekly group counselling sessions (BAM Circles) to 15 groups of young men at risk of becoming involved in serious youth violence, across two Lambeth schools and one pupil referral unit.

Creating Communities

With funding from The Mercers’ Company, this project runs peer support sessions with older people in extra-care, supported and retirement housing managed by Anchor Hanover Group. Sessions are focused around creative activities and access to the outdoors to help improve the emotional wellbeing and community connections of residents. Activities are co-produced with older people and sensitively facilitated by experienced Mental Health Foundation staff.

Citizenship, Recovery & Inclusive Society Partnership (CRISP)

Funded by Marie Skłodowska-Curie Action and Research & Innovation Staff Exchange (RISE), unites leaders from academia, policy, practice, business and community organisations from the EU and the US. The CRISP network includes University of Strathclyde, New York University, Mental Health Foundation, Mieli Mental Health Finland, Ulm University, Yale University and Illinois Institute of Technology.

Dads football (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 with young children through football to understand more about the life changing transition for men as they become dads. 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.

DRILL (Disability Research on Independent Living & Learning)

This pilot study centres upon empowering people with psychosocial disabilities to participate in physical exercise in order to improve both their physical and mental health. The project was delivered in partnership with Queen’s University Belfast and co-produced by individuals with lived experience. A report to disseminate the findings was launched in December 2019.

E-Men (European Commission)

During 2019-20 we organised and held our final themed eMEN seminar in Cardiff (July 2019), produced two project newsletters and continued work on the Moodbuster Pilot in partnership with the University of Manchester.

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.

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. During the reporting period, the funding for the project was received from City Bridge Trust £32,400 and Sir Halley Stewart Trust £32,842.

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 will be adapting the traditional KidsTime delivery model to make it easier to ‘scale’ the programme, enabling us to bring it to a far greater numbers of families than ever before.

Pass It On (Good mental health for All)

Funded by National Lottery, the aim of the project is to support people with learning disabilities (LDs), support workers and future health care professionals to work together to improve understanding and treatment of the mental health problems of people with learning disabilities in the London Boroughs of Redbridge, Lewisham and Southwark.

Peer Education Project (PEP)

This project has now worked with 197 schools, training over 2,500 Year 12 students as peer educators and reaching over 43,340 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. During the reporting period, the following funding was received for the project: Friends of the Foundation £164,000, Garfield Weston Foundation £50,000, Sobell Foundation £25,000 and other income £21,560.

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 Mind (through the Tampon Tax Fund) and delivered in partnership with the British Red Cross in Newport, this project involved recruiting and training refugee and asylum seeker woman to become peer leaders of their own groups. The groups provided a safe and empowering space for women 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.

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.

My Voice (Sawti)

The project aims to raise awareness of mental health and wellbeing of refugee communities using the arts and group-work as well as developing a mentoring scheme among refugees and asylum seekers 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 Abdominal aortic aneurysm, breast, bowel, cervical and diabetic retinopathy screening uptake among people living with long term mental health problems and to increase the visibility of screening in mental health care.

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, Scottish Forestry 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 Big Lottery Fund Wales (now the National Lottery Community Fund) to run a three-year project which aims 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 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.

Suicide Postvention

Research project on the experiences of people bereaved by suicide part funded by the Scottish Government.

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 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.

Thrive Thamesview

The Mental Health Foundation piloted a programme of interventions on Thamesview estate in Barking and Dagenham to support better mental health, inspired by Thrive London. By improving the mental health and wellbeing of the estate’s residents, we aimed to give them a better chance of thriving. The project ran sessions for young mothers, unemployed adults looking for work and the elderly. There was also a community event to try to bring all residents together. The project was completed by the end of the year.

Triumph

Transdisciplinary Research for the Improvement of Youth Mental Public Health (TRIUMPH) Network brings together young people, health practitioners, policy-makers and those working with voluntary organisations including MHF, with academics from across clinical, social sciences, arts and humanities, design, and computer sciences disciplines. We will work together to find new ways to improve mental health and wellbeing, especially among vulnerable and disadvantaged populations where the need is greatest.

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. During the reporting year the funding was received from: Scottish Government / Voice of Experience £115,000 and Voice of Experience £6,189.

We Can

Funded through the Self-Management Fund this project is working with young people living with long term health conditions and the Glasgow Health & Social Care Partnership to develop guidance to enable access to public services and spaces

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

MHF has been the knowledge partner of the Winston Churchill Memorial Trust (WCMT) for their Mental Health Fellowships (2016-2019). During 2019-20 our work on this project consisted of: a) providing some mentoring to Fellows and b) analysing the Churchill Fellows’ research reports to distil the key learning from their findings in order to produce a series of themed podcasts and briefings which will be widely disseminated to stakeholders.

Women of Scotland

Funds donated from the 2019 Women of Scotland Lunch to support a programme of research working with vulnerable mothers.

NOTES TO THE FINANCIAL STATEMENTS 31 MARCH 2020

15. DESIGNATED FUNDS

Group and charity	At 1 April 2019 £'000	New designation £'000	Utilised/ released £'000	At 31 March 2020 £'000
Stephen Schick legacy	2,500	463	(463)	2,500
Covid-19 Community Investment Fund	—	2,000	—	2,000
Foundation Offices Property Fund	—	5,500	—	5,500
	2,500	7,963	(463)	10,000

Group and charity	At 1 April 2018 £'000	New designation £'000	Utilised/ released £'000	At 31 March 2019 £'000
Stephen Schick legacy	—	2,500	—	2,500

16. PERMANENT ENDOWMENT FUNDS

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

Group and charity	At 1 April 2018 £'000	Additions £'000	At 31 March 2019 £'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 2020

17. ANALYSIS OF NET ASSETS BETWEEN FUNDS

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

Group	Unrestricted funds £'000	Restricted funds £'000	Designated funds £'000	Permanent endowment funds £'000	2019 Total funds £'000
Tangible fixed assets	—	—	—	—	—
Investments	—	—	—	45	45
Net current assets	3,656	1,022	2,500	—	7,177
	3,656	1,022	2,500	45	7,222

Charity	Unrestricted funds £'000	Restricted funds £'000	Designated funds £'000	Permanent endowment funds £'000	2019 Total funds £'000
Tangible fixed assets	—	—	—	—	—
Investments	—	—	—	45	45
Net current assets	3,517	1,022	2,500	—	7,039
	3,517	1,022	2,500	45	7,084

NOTES TO THE FINANCIAL STATEMENTS 31 MARCH 2020

18. OPERATING LEASE COMMITMENTS

At 31 March 2020 the charity had the following total minimum lease payments under non-cancellable operating leases:

	Land and buildings		Other	
	2020 £'000	2019 £'000	2020 £'000	2019 £'000
Operating leases which expire:				
- Within one year	135	147	2	18
- After one but within two years	118	121	—	17
- After two but within five years	49	71	1	1
	302	339	3	36

19. RELATED PARTIES

During the year ended 31 March 2020, the group had no related party transactions (2019: 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 2020.

The consolidated financial statements of The Mental Health Foundation are available from Colechurch House, 1 London Bridge Walk, London, SE1 2SX



21. 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
Income from:						
Donations		3,257	262	—	—	3,519
Legacies		1,409	—	2,500	—	3,909
Fundraising events		699	—	—	—	699
Investments		5	—	—	—	5
Charitable activities				—		
- Statutory grants receivable	1	—	234	—	—	234
- Other grants	1	—	1,204	—	—	1,204
- Charitable trading activities	2	580	—	—	—	580
Total income		5,950	1,700	2,500	—	10,150
Expenditure on:						
Raising funds		1,533	—	—	—	1,533
Charitable activities	3					
- Mental Health Programmes		1,205	1,320	—	—	2,525
- FPLD		92	59	—	—	151
- Information, education, dissemination and advisory services programme		1,126	233	—	—	1,359
Total expenditure		3,956	1,612	—	—	5,568
Net income	6	1,994	88	2,500	—	4,582
Transfers between funds		(161)	161	—	—	—
Funds acquired on acquisition	11	(60)	—	—	—	(60)
Net movement in funds		1,774	249	2,500	—	4,523
Reconciliation of funds:						
Funds brought forward at 1 April 2018		1,899	755	—	45	2,699
Funds carried forward at 31 March 2019		3,673	1,004	2,500	45	7,222

Charity	Notes	Unrestricted funds £'000	Restricted funds £'000	Designated funds £'000	Permanent endowment funds £'000	2020 Total funds £'000
Income from:						
Donations		3,257	262	—	—	3,519
Legacies		1,409	—	2,500	—	3,909
Fundraising events		699	—	—	—	699
Investments		5	—	—	—	5
Charitable activities				—		
- Statutory grants receivable	1	—	234	—	—	234
- Other grants	1	—	1,204	—	—	1,204
- Charitable trading activities	2	284	—	—	—	284
Total income		5,654	1,700	2,500	—	9,854
Expenditure on:						
Raising funds		1,434	—	—	—	1,434
Charitable activities	3					
- Mental Health Programmes		1,205	1,320	—	—	2,525
- FPLD		92	59	—	—	151
- Information, education, dissemination and advisory services programme		1,126	233	—	—	1,359
Total expenditure		3,857	1,612	—	—	5,469
Net income	6	1,797	88	2,500	—	4,385
Transfers between funds		(161)	161	—	—	-
Net movement in funds		1,636	249	2,500	—	4,385
Reconciliation of funds:						
Funds brought forward at 1 April 2018		1,899	755	—	45	2,699
Funds carried forward at 31 March 2019		3,535	1,004	2,500	45	7,084



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