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## Reference and administrative information about the charity, its Trustees and advisers



### Patron

HRH Princess Alexandra  
The Hon Lady Ogilvy KG GCVO

### Trustees

Keith Leslie (Chair)  
Kyla Brand  
Peter Byrne  
Neil Caldicott  
Linda de Caestecker  
Jacqueline Dyer MBE  
Paul Hodgkinson CBE  
Paul Infield  
Ann John  
Valerie Jolliffe  
James O'Leary  
Jenny Paton  
Aisha Sheikh-Anene  
Adrian Stott

### Secretary

David Lyon

### President

Professor Dinesh Bhugra CBE

### Vice Presidents

Lord Dholakia OBE JP  
Lady Euston Tessa Baring CBE  
Robert Loder CBE  
Sir Neville Macready Bt. CBE  
David Sachon  
Charles Walsh  
Mike Wilson

### Chief Executive

Jenny Edwards CBE

### Registered and principal office

Colechurch House, 1 London Bridge  
Walk, London SE1 2SX

**Website:** [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

**Twitter:** @mentalhealth

**Facebook:** [www.facebook.com/mentalhealthfoundation](http://www.facebook.com/mentalhealthfoundation)

### Company registration number:

2350846 (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 Ltd,  
COIF Charity Funds, Senator House, 85  
Queen Victoria Street, London EC4V  
4ET

### Solicitors

Bates Wells Braithwaite, 10 Queen  
Street Place, London EC4R 1BE

## PUBLIC BENEFIT



Our charitable activities focus on the prevention of mental health problems and supporting those who experience mental ill-health, and are undertaken to further our charitable purposes for the public benefit.

Our **vision** is for a world with good mental health for all.

Our **mission** is to help people to thrive through understanding, protecting and sustaining 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.

- We develop and test ground-breaking, community based approaches to prevent mental health problems, giving us the expertise to share what works.
- We help by offering straightforward information and tools for everyone.
- We produce authoritative reports and evidence used by government and the media.
- We influence policymakers and advocate for change.

Right now, mental health problems are having a profound impact on the lives of tens of millions of people. People not only endure the pain of mental ill-health, including anxiety, stress and depression, but often face the stigma and discrimination that we usually do not experience for physical illness.

Good mental health is fundamental to thriving in life. It is the essence of who we are and how we experience the world around us. Yet, compared to physical health, so little is commonly known about mental ill health and how to prevent it.

The Mental Health Foundation is working to deliver a prevention revolution that makes the same progress for the health of our minds that we have achieved for the health of our bodies. And when we do, we will look back and think that this was our time's greatest contribution to human flourishing.

## Introduction by the Chair of the Board of Trustees, Keith Leslie

I would first like to thank all the people whose hard work is integral to the Foundation. My fellow board members, the excellent staff team led by Jenny Edwards CBE, the Friends of the Foundation chaired by Fiorella Massey, the Foundation's supporters more broadly, and the many volunteers and community champions who give up their valuable time to support the work of the Foundation. Our ability to bring about change is entirely dependent on their dedication and commitment.

We are at a pivotal moment in the pursuit of good mental health for all. Awareness of the impact of mental health problems on individuals, their loved ones and society more broadly has never been higher. There is an increased recognition that we all have mental health and that most of us are likely to be affected by mental ill-health at some point in our lifetime. However, this increased awareness must now be converted into change that makes a difference to people's lives.

A historic lack of funding in mental health research and support has created a crisis in which most people living with mental health problems do not access help early enough. This must be rectified. But increased funding for services alone won't solve the problem. We need to do much more to prevent people from becoming unwell in the first place.

This is the message we launched two years ago, that we need a revolution in thinking about mental health to tilt the focus towards prevention. This message is now gaining widespread traction. Our work to review the evidence on

prevention is now being cited as the sources of guidance by national and local government. We are advising city administrations who are actively taking up public mental health strategies – in the UK and increasingly internationally. In this, the Mental Health Foundation is transforming mental health by building an understanding across society that mental health is our greatest resource and creating innovative ways for us to work together to protect it.

Of course, we have some way to go. However, the Foundation has never been in better shape to deliver this change. Financially, increased reserves, improved financial information and new sources of donations give us the ability to invest in delivering transformational action. The Foundation also benefits from a strong senior leadership team, with a growing staff base to deliver increased capacity. A committed board is being reinforced with new trustees delivering expertise and input from outside the Foundation – with a review of our governance procedures underway to ensure we live up to the new standards set by the Charities Commission. All of which means I can assure all our supporters, donors and stakeholders that the charity is in robust good health and well placed to fulfil its goals.

One focus will be on creating thriving communities. As much as bullying and isolation are drivers of poor mental health, resilient communities, which recognise the importance of good relationships, are the key to good mental health. This Annual Report sets out what we have achieved in 2016/17 and our ambitious plans going forward. I am confident that in years to come we will look back with pride on the role we played in converting increased awareness into much needed change.

## TRUSTEES' REPORT



The Trustees present their statutory report together with the financial statements of the Mental Health Foundation (the "Foundation") for the year ended 31 March 2017.

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 49-63 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).

# OUR APPROACH



Our aim is to improve mental health for all across the UK. However, not everyone has the same starting point and some groups and communities have a higher risk of developing mental health problems. We are committed to working alongside partners and communities to identify and reach those most at risk.

We do this by:

## 1. Improving our understanding of how to prevent mental health problems

- Undertaking research that enables us to learn and share what works to prevent and reduce the incidence of mental health problems.
- Forming research partnerships with experts in mental health, including people with lived experience, practitioners and academics to create a multi-dimensional and inter-disciplinary perspective.
- Achieving maximum impact and reach by disseminating new knowledge through our partnerships and networks.

## 2. Creating new evidence-based solutions

- Developing, testing and delivering interventions that help individuals and communities:
  1. **sustain** good mental health
  2. **take early action** to prevent problems from developing
  3. **reduce the risk of relapse**
  4. **improve the quality of life** for those who have experienced mental ill-health.
- Evaluating our programmes, sharing the results and challenges of implementation with partners, networks and other relevant bodies.
- Producing resources and training that support commissioners and services to intervene in a range of settings and at pressure points across the life course.



## 3. Making practical support available

- Maintaining an online knowledge centre where people from all walks of life can access interventions and tools to protect and sustain good mental health.
- Increasing the accessibility of good quality information that people can rely on, backed by evidence and informed by those with lived experience.
- Identifying emerging or unmet needs of the population and establishing research priorities that allow us to find out what works to address these.

## 4. Advocating for change

- Working in alliance with other leading charities to make the case for investment in prevention at the highest levels of government.
- Campaigning alongside our supporters, people with lived experience and other key stakeholders such as employers and educational institutions to grow a movement for change.
- Influencing senior policy makers with a call for a national, evidence-based strategy to prevent mental ill-health.

# UNDERSTANDING



## WHAT WE DID IN 2016/17

- Updated and promoted *Fundamental Facts about Mental Health* – a unique summary of mental health research, providing a handbook of facts and figures covering key areas of mental health. The 2016 version included all four nations of the UK.
- Created a roadmap for practitioners *Taking Local Action for Better Mental Health*, which set out the evidence to inform local authority prevention plans as outlined in the *Five Year Forward View* for mental health in England.
- Co-produced the Faculty of Public Health's mental health and wellbeing report *Better Mental Health for All*, examining what can be done individually and collectively to enhance the mental health of individuals, families and communities by using a public health approach to mental health.
- Provided a mental health inequalities framework and heat map to support Thrive London to prioritise local public mental health action.
- Engaged as a lead partner in the EU-funded Citizen, Recovery and Inclusive Societies Partnership (CRISP) to share learning with international partners and to develop: joint research

programmes; learning events; and tools to reduce stigma and discrimination and support greater inclusion of people most at risk of developing mental health problems.

- Supported the Winston Churchill Memorial Trust community mental health fellowship programme, which has created 40 mental health fellows who have learned good practice from overseas and disseminated it domestically.
- Co-produced and published a book recording and sharing memories and stories of participants of Standing Together, a project for isolated older people.
- Worked with the Equality Commission for Northern Ireland to produce its Mental Health Charter for the workplace.
- Reframed mental health as an asset in the workplace through our Added Value research in partnership with Unum and Oxford Economics. Partnered with Unum to produce a resource on managing mental health in the workplace.

## WHAT WE WILL ACHIEVE IN 2017/18

- Update *Fundamental Facts* with a focus on children and young people.
- Publish a prevention review looking at how to prevent common mental health problems among young people aged 18-25.
- Produce a new report on mental health inequalities, incorporating the whole community approach and mapping mental health inequalities.
- Report on young women and girls' mental health in the UK.
- Produce a briefing on the use of psychologically informed environments within the criminal justice system, and two health and wellbeing reports on sleep and physical activity.
- Develop through our CRISP project: joint research programmes; learning events; and tools and publications that aim to reduce stigma and discrimination and support greater inclusion of people most at risk of developing mental health problems with IIT, Yale and NYU.
- Through Mental Health Awareness Week and our work in communities more generally, reach thousands of people online and have conversations with hundreds, co-producing learning on how communities can thrive.

# EVIDENCE



## WHAT WE DID IN 2016/17

- Entered a new phase of See Me,<sup>i</sup> tackling mental health stigma and discrimination by applying a whole community approach in schools and the workplace, with a greater emphasis on health and social care settings.
- Continued to pilot and then replicate our work in schools to increase mental health literacy and reduce stigma, including: advocating a whole school approach, rolling out the peer to peer education initiative and co-producing resources with young people with long term conditions in Scotland.
- Launched *When I Grow Up* at the House of Commons - a toolkit designed to help teachers raise the aspirations and employment prospects of young people with learning disabilities. The four participating schools have implemented the toolkit.
- Disseminated factsheets to aid frontline staff and practitioners working in the criminal justice system who come into contact with people with learning disabilities.
- Published impact reports on Parc Prison and Creating Connections, two self-management and peer support projects in Wales working with vulnerable prisoners and single parents respectively and co-produced a resource with prisoners to support transition into prison.

- Produced the report *What is truth? An inquiry about truth and lying in dementia care* that provides practical help and guidance on communicating with people living with dementia.
- Co-produced *MyLife, MyFuture*, a programme manual and learning report aimed at practitioners working with young people who are either in care or have been in care.
- Identified digital health products that will be tested across six partner countries to support mental health improvement through the Interreg North West Europe eMEN project.

i. See Me: Scotland's programme to tackle mental health stigma and discrimination, managed by the Foundation and the Scottish Association for Mental Health (SAMH)

## EVIDENCE



## WHAT WE WILL ACHIEVE IN 2017/18

- Create and test a whole community approach to Thriving including: developing a programme for training Thriving Communities Champions. Through co-production, a training curriculum will be created that is suitable for local community leaders to support those at risk of developing mental health problems. Training will be piloted with specific groups and in engaged communities.
- Create a Thriving Families and Childhood Programme delivering parenting resources that are readily accessible online to families.
- Our Peer Education Project will move from a pilot phase into an implementation testing phase across at least three regions or population groups to enable large numbers of young people (3,000+) to gain accessible information and guidance on improving their own mental health.
- Progress the eMEN programme on digital mental health by hosting a networking event in Belfast and selecting and testing digital products in conjunction with partners.
- Publish an evaluation of Video Interactive Guidance (VIG) looking at how it can positively impact on parents' self-efficacy, stress, their sensitivity and bonding with their baby.



## SPOTLIGHT ON CREATING CONNECTIONS

We know that single parents are at increased risk of developing mental health problems.

*Creating Connections* was funded by the Big Lottery Cymru and delivered by the Mental Health Foundation in partnership with Gingerbread, the single parent charity.

It used self-management and peer support to develop skills, provide tools and build support networks to enable single parents to maintain their health and wellbeing.



# 250+

single parents and their families attended 12 activities and events

# 206

single parents attended

# 21

self-management courses in Cardiff and Newport.



# 1,500+

single parents and their families benefitted from community activities and projects organised by their peers.



Information and support booklets co-produced by single parents were distributed across Newport and Cardiff.

The project inspired two participants to set up a community interest company, Single Parent Wales, to keep some of this work going. In addition, one of its volunteers was named National Winner in the adult category of the Wales Volunteer of the Year Awards 2016.



# SUPPORT

SUPPORT



## WHAT WE DID IN 2016/17

- Delivered Mental Health Awareness Week in May 2016 focusing on the impact of relationships on our mental health, disseminating relevant evidence and practical advice on building and maintaining healthy relationships.
- Promoted the Foundation's Be Mindful Online product – an online mindfulness course, which has been evaluated for effectiveness and backed up by research from Oxford University. In tandem, we updated our Teacher's Directory so that the public can identify teachers who are registered on the UK Network of Mindfulness-Based Teacher Training Organisations.
- Expanded our range of resources available online, including a new guide on *How to manage and reduce stress*.
- Published and disseminated *The Amaan Project Resource: Information about mental health and ways to look after your wellbeing*, a practical resource designed for asylum seeking and refugee women.
- Developed a toolkit for mental health carers that includes modular training, films and resources informed by peer research.
- Provided support to the London Mayor's Thrive programme through steering and working groups.



## Relationships in the 21st century

The forgotten foundation of mental health and wellbeing



## WHAT WE WILL ACHIEVE IN 2017/18

- Through Mental Health Awareness Week in May 2017 we will improve public understanding of practical steps to move from 'Surviving to Thriving'.
- Jointly publish the top ten UK research questions about the use of digital technologies to support mental health.
- Test our peer support and self-management approach with selected communities and determine the right method to roll it out more widely.
- Work in partnership with Thrive London to facilitate engagement activities and pilot Thrive Programme in three areas of London.
- Support the work of Black Thrive to ensure that people from Black and Minority Ethnic Communities have equitable access to mental health improvement opportunities and interventions.
- Secure funding to expand our refugee work into a national programme focusing upon resilience, prevention and inclusion – influencing wider Scottish policy through co-chairing the national strategy group for refugee health.
- Develop our programme with survivors of childhood trauma and abuse 'Future Pathways' and through this engage and support over 300 people to gain access to resources that will improve their mental health and wellbeing and reduce the impact of the trauma they experienced.
- Participate in the International Initiative for Mental Health Leadership (IIMHL) Knowledge Exchange Network as a core member and support the 2018 IIMHL exchange and conference in Sweden.



## SPOTLIGHT ON MENTAL HEALTH AWARENESS WEEK 16 TO 22 MAY 2016

The Mental Health Foundation has hosted Mental Health Awareness Week (MHAW) annually every May since 2000. In previous years the Foundation has focused on how mindfulness, anxiety, sleep deprivation and exercise can impact our mental health. In 2016, we looked at the importance of relationships to our mental health.

We used the week to call for action from national governments, public bodies and employers to promote good relationships and to tackle the barriers to forming them, including mounting pressures on work-life balance and the impact of bullying and unhealthy relationships. However, the focus of the week was on challenging everyone to go the extra mile in prioritising relationships - calling on people to take part in a daily relationships challenge and/or make a relationship resolution to invest more time in being present with and listening to friends, family and colleagues.

Over the week

# 84,000

people visited our website



The social reach of

# #MHAW16

exceeded

# 7 million



Our relationships  
animation had

# 110,000+ views

# 1,800

people took up our daily  
relationships challenge  
and

# 350+

people made an online  
relationships resolution

# 2,500+

activity packs were sent to  
supporters who in turn organised  
over 300 events across the UK



## WHAT WE DID IN 2016/17

- Coordinated the 10th annual Scottish Mental Health Arts and Film Festival in October 2016 with a combined attendance of over 25,000 and over 300 events staged throughout Scotland.
- Hosted the Declaration festival in Edinburgh in March 2017 exploring 'the right to health'.
- Published a landmark report Poverty and Mental Health to inform the Joseph Rowntree Foundation's Anti-Poverty Strategy, presenting a conceptual framework for understanding the relationship between poverty and mental health and offering recommendations to improve the situation across the life course in health, education, employment, social security, advice and built environment policy.
- Engaged in collective advocacy with a range of organisations (Maternal Mental Health Alliance, Children and Young People's Coalition and Human Rights Alliance) and as one of six core partners in the Mental Health Policy Group on a wide range of issues including the Mental Health Taskforce, implementation of the Five Year Forward View for Mental Health and the General Election Campaign.
- Via our Mums and Babies in Mind Project delivered in partnership with the Maternal Mental Health Alliance (MMHA), disseminated a range of practical resources for practitioners in perinatal mental health.
- Influenced the mental health research agenda by facilitating round tables on

- equity for the Department of Health to inform the Mental Health Research Strategy and worked alongside research partners such as the Alliance for Mental Health Research funders to influence the future direction of mental health research including producing a joint election manifesto.
- Held a seminar in Westminster during Mental Health Awareness Week examining the role Government can play in promoting good mental health for all, which was attended by all the main parties' spokespeople on mental health.
- Produced a briefing on mental health and nutrition, Food for thought – in which we consider how nutrition and mental health can be integrated into public health strategies and propose an agenda for action.
- Delivered a successful partnership with Virgin Trains, their staff and customers.
- Published a briefing paper on refugees, mental health and stigma in Scotland that was disseminated to Members of the Scottish Parliament.
- Hosted Voices of Experience in Scotland, the Welsh Forum, the Children and Young People's coalition and supported VERDe and DEEP (empowerment programme for people with dementia) and the Maternal Mental Health Alliance to ensure that people with lived experience or those who are at greatest risk can influence the future public mental health agenda.
- Worked in partnership with the International Initiative for Mental Health Leadership to explore the potential for creating an international city or place-based network.

- Advise the Northern Ireland Commissioner for Children and Young People's human rights' review of children's mental health services.
- Work with those at greatest risk of developing mental health problems identified through our Thriving Communities programme to ensure that they can contribute to the policy agenda on the issues that most affect them.
- Work with international partners through the IIMHL to develop a Thriving Cities network.
- As part of our hosting of the MMHA, we continue to lead on the Mums and Babies in Mind (MABIM) project across four areas of the country. MABIM aims to improve perinatal mental health care pathways and the services that women and their families receive in each of the local areas. We also lead on the annual MMHA conference, which is attended by 250 practitioners, policy makers and academics.

## WHAT WE WILL ACHIEVE IN 2017/18

- Secure the support of decision makers for the key policy recommendations from Mental Health Awareness Week 2017, focused on moving people from 'Surviving to Thriving':
  - » A National Thriving Mental Health Programme to spread public understanding about how to look after our mental health and build community resilience.
  - » A Royal Commission to investigate effective ways to prevent poor mental health and to develop good mental health, and highlighting opportunities to reduce risks.
  - » A Mentally Thriving Nation Report each year to track progress, emerging issues and actions required.
  - » A '100% Health Check' to help people manage their mental health and reduce risks as well as identifying when they need professional mental health support.
  - » Fair funding for mental health research, commensurate with the scale of mental health problems in our society.
- Work with colleagues in government and partners in professional bodies, voluntary organisations and academia to contribute to the Green Paper on children and young people's mental health.
- Advocate to ensure prevention is an important part of Scotland's 10-year mental health strategy, playing a lead role in the ongoing policy development and evaluation

# SPOTLIGHT ON THE SCOTTISH MENTAL HEALTH ARTS AND FILM

## FESTIVAL (SMHAFF)



The programme for the 10th SMHAFF was its most ambitious to date, featuring new theatre, film, music, comedy, visual art and literary events from some of the most exciting artists in Scotland and Europe.

Spanning over 300 events across Scotland it opened on World Mental Health Day, 10 October 2016. The festival, led by the Mental Health Foundation, has quietly grown into one of the biggest and most significant arts and film festivals in Scotland, reaching over 25,000 people with a wealth of arts events encouraging awareness of and creative responses to mental health.

In 2016, the festival commissioned a new theatre work supported by Creative Scotland (One Thinks of It All As A Dream, Alan Bissett's previously announced play about the life of Pink Floyd frontman Syd Barrett), and appointed its first associate artist in Emma Jayne Park. The festival's annual International Film was its biggest to date, and the festival featured contributions from a number of major Scottish artists including bands Admiral Fallow and The Cathode Ray, theatre makers Cora Bissett, Jo Clifford, and Pamela Carter, writers Jenny Lindsay, Chitra Ramaswamy and Harry Giles, as well as the comedian Felicity Ward.



# OUR APPROACH TO FUNDRAISING



## It's all about you...

We want our supporters to know how grateful we are for their generosity and faith in our work. Together we can help prevent mental health problems from developing and support people to recover and thrive in life. Every donation brings us closer to our vision of good mental health for all. We would like to thank 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, Janie Critchley, Caroline Bettaney Cruddance, Marianne De Giorgio, Kate Glick, Alison Goldberg, Marsha Lee, Maxine Leslau, Alison Lurie, Louise Nathanson, Riquita Newmark, Wendy Press, Francesca Tait

### Unrestricted Trusts and Foundations (greater than £5,000)

	£
Promotor Stiftung	38,932
Peacock Charitable Trust	27,000
GMC Trust	20,000
CAF Grant Fund	15,778
The 3Ts Charitable Trust	15,000
Adint Charitable Trust	10,000
Hugh and Mary Miller Bequest	5,800
Clapp Family Charitable Trust	5,100
Mr & Mrs P Webster Trust	5,000

A full list of restricted trusts and foundations can be found at Note 18 to the financial statements on pages 58–62.

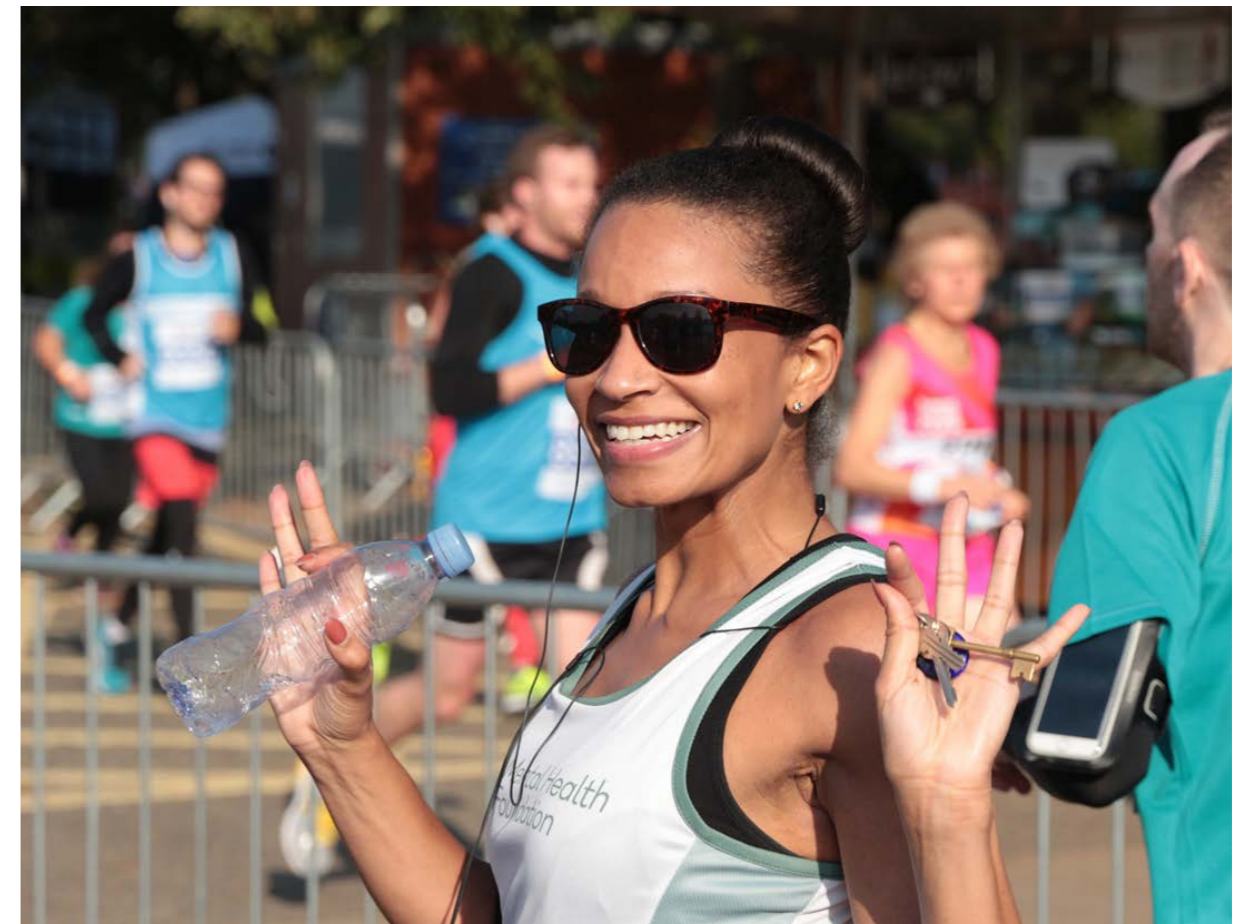
## Legators

We are grateful to all the people who chose to support the Foundation with a gift in their will. We have listed below all legacies where a cash amount or quantifiable notification of more than £10,000 was received during the year 2016/17.

	£
Pamela Redway	170,007
Mary Craddock-Jones	106,898
Marjorie Wood	68,281
Antonia Whitehead	50,015
Lillian Mary Smith	50,000
Harriet O'Brien	40,000
Ruth Thompson	40,000
Alice Thompson	36,750
Patricia Edith Wilkinson	35,565
Glenn Challen Westwood	35,000
Mavis Elizabeth Brandon	30,000
Sally Marshall	30,000
Olive Mary King	28,742
Winifred Treacher	21,734
Eva Bacon	18,000
Elizabeth Mitchell	15,622
Donald Townsend	10,353
P S Bruce	10,000
Jean Margaret Blair	10,000

## Corporate supporters

Special thanks to our friends and supporters at Yogscast and Humble Bundle, Virgin Trains West Coast, Forex Trading, NG Bailey and M&S.



Supporters are at the heart of the Mental Health Foundation's work because it is only with the public's support that we can work towards our vision of good mental health for all. We are constantly inspired by our supporters' commitment, passion and ingenuity in raising awareness and funds for our work.

We want the experience of supporting the Mental Health Foundation to be a positive one and we work towards the highest standards to ensure our supporters and the wider public are treated fairly and with respect. But the fundraising climate for UK charities is evolving. We aim to continue to keep

abreast of changes in public attitudes and be compliant with all new regulation. At the same time, the Mental Health Foundation needs to engage new supporters to support our work in preventing mental health problems.

The Mental Health Foundation voluntarily subscribes to the Fundraising Regulator, which assumed responsibility for regulating fundraising from July 2016 and investigates and takes appropriate action on cases of public concern. We will work closely with the Regulator on any concerns and ensure that we are upholding exemplary standards when engaging with the public in asking them to support our work.



This year we have tested several new approaches to reach new donors. We have focused these approaches on providing simple tips for good mental health and then building on this by telling supporters what a difference they can make. We have been testing reaching out to new supporters through posters on trains, inserts in magazines, advertising on Facebook and talking to members of the public in person and on the telephone. By doing each of these in a small way first, we minimise the risk, and take our learnings to develop approaches that helps us build on our supporter base for a secure future.

We have detailed contracts in place with third party suppliers specifying that staff who carry out these activities should be trained to adhere to applicable laws and codes, such as the Fundraising Regulator’s Code of Practice and the Data Protection Act. We also expect

these organisations to voluntarily subscribe to the Fundraising Regulator, and reflect our values when talking to supporters.

Monitoring and control of our fundraising activities, including the work done by these external organisations, is vital to ensure that our supporters have a great experience and that all supporters, including vulnerable people, are treated fairly. For example, we listen to recorded telephone calls to check their performance. If we find cause for concern we investigate as a matter of urgency.

In our last annual report to the Fundraising Regulator, we reported four supporter complaints which we made every effort to respond to quickly and ensure that supporter preferences for future communication from the Foundation were followed.



We couldn’t do our work without our supporters. At the Mental Health Foundation, we make the following promise;

- To uphold the highest standards of fundraising practice
- To respect and protect the information and data you share with us
- To ensure we accurately communicate on how we spend the money given to us
- To acknowledge when we make mistakes and take action

The Mental Health Foundation also has a growing and diverse portfolio of corporate partners who raise vital

funds or for whom we are delivering a range of professional services related to mental health in the workplace. The Mental Health Foundation revised its ethical corporate engagement policy in September 2016. It was agreed by the board of trustees to ensure risks were effectively managed and that our engagement with the private sector was consistent with our values and charitable mission.

The Mental Health Foundation is extremely grateful for the support it receives from a wide range of trusts, foundations, public bodies and other funders. This is crucial to enabling us to run programmes to reach many communities and groups and to help change the mental health for the better in so many lives.





## SPOTLIGHT ON SUPPORTERS

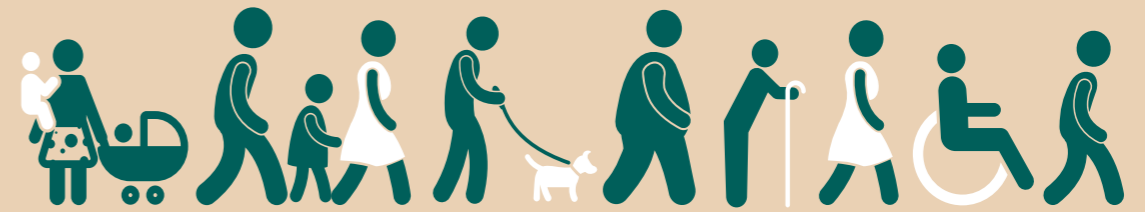
In 2016 Jake Tyler, aged 30, set off on a very unique physical challenge – embarking on a 3000-mile hike around the UK to raise funds and awareness of how Britain’s natural beauty and exercise can boost mental health.

“I’ve struggled with depression and anxious feelings for most of my life. Early in 2016 I was consumed by relentless thoughts of helplessness, isolation and even suicide. The pain was unbearable. Something had to change. I decided to focus on my physical health because long walks and fresh air have always helped me to clear my head and made me appreciate the beauty of nature.

So, I set off to walk around Great Britain, covering every National Park in order to show people that there is beauty nearby. Wherever you live on this island, there’s a way to get exercise and fresh air that is enriching, life affirming and – crucially – a perfect way to clear the head and give your mental health a boost.”

On this journey, Jake has raised over £3000 for the Mental Health Foundation and inspired hundreds of others of the benefits of exercise and nature to mental health.

The Mental Health Foundation is supported by individuals in many different and valuable ways from direct debits to cakes sales, from text donations to a range of runs, walks and skydives.



# 357

supporters took part in challenge events

# 83

people ran the London Marathon



(1 achieved a world record dressed as a hotdog!)

# 2,348

people fundraised within their communities



# FINANCIAL REVIEW



## Financial results for the year ended 31 March 2017

At the end of the financial year 2016/17 the Foundation recorded a surplus of £112,266, compared to a surplus of £119,435 the previous year. This comprised a surplus of £146,951 on the Foundation's unrestricted funds and a deficit of £34,693 on the Foundation's restricted funds.

Total income for the year amounted to £4,683,430, which was £231,456, or 5.2% higher than the previous year (£4,451,974). Community Fundraising added particularly to this increase, with online contributions from the Yogscast event contributing £305,849.

Donations and gifts at £1,546,800 were £375,116, or 32% higher than those received in 2015/16 (£1,171,684). Legacy income at £857,900 was 2.7% higher than in 2015/16 (£834,632).

Legacy notifications so far in the current financial year are significantly ahead of budget and indications are that we will achieve our legacy income target for 2017/18. Legacy income, as ever, is a volatile source of income; however, the track record of the Foundation, combined with a strong list of legacy pledgers and interest in possession legacies, where the original legator has died but final vesting of the capital is dependent on the death of a life tenant, gives comfort.

Grant income also increased from £1,550,745 to £1,714,444 (10%). However primary purpose trading income decreased from £563,238 to £241,830 (57%) due to the planned termination of a number of contracts managed by the Foundation.

Investment income decreased by £441 to £1,830 reflecting the continued low returns on bank deposits.

Total resources expended at £4,571,164 was £238,625 higher than in 2015/16. This is almost entirely due to an



increase in fundraising spending, in order to generate future gifts and slow attrition of existing donors.

## Financial position as at 31 March 2017

The balance sheet shows total funds of £1,800,899.

These funds include permanent endowment funds of £44,778, which are invested and held indefinitely by the charity.

Also included in total funds is an amount of £522,621, which is restricted. These monies have either been raised for, and their use restricted to, specific purposes, or they comprise donations or legacies subject to donor-imposed conditions. Full details of these restricted funds can be found in note 18 to the financial statements together with an analysis of movements in the year.

General funds of the charity at 31 March 2017 totalled £1,233,500, an increase of £146,951 since 31 March 2016.

## Reserves policy

Charities hold reserves for a variety of reasons - to manage the charity's resources where incoming resources are 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.

According to the balance sheet the current level of reserves is £1,234k. This represents about 3.2 months of total annual expenditure (5.3 months of unrestricted expenditure). The trustees estimate that the charity's reserves should be no less than 3 months of total expenditure and therefore these are an appropriate level of reserves.

The Mental Health Foundation is reliant to a significant extent on legacy income. Such income is recognised once the charity is certain of its entitlement to the funds and able to measure the amount due to it. For the year ended 31 March 2017 this was £618k, including £116k included in the legacy debtors at 31 March 2016.





This demonstrates that although the charity may prudently recognise income in accordance with the SORP, cash receipts associated with these entitlements may be delayed.

As a result, as well as a calculation of minimum reserves based on balance sheet funds as shown at the balance sheet, the trustees have decided to set a minimum level of cash reserves based on liquid funds available for immediate use.

At 31 March 2017 the charity held £627k of cash which is 1.6 months of total annual expenditure. Again, the trustees believe that this level of cash is appropriate but that ideally 2 months' worth of expenditure should be available in cash at any time.

## STRUCTURE, GOVERNANCE AND 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).

### 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 £10.

### 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.

Each trustee serves for a period of three years and may be re-elected for a second three- year period. At any one time there must be a minimum of 10 trustees and a maximum of 30.

### Trustee recruitment and appointment

The recruitment of trustees is carried out by the Governance Committee who 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. In June 2017 all trustees attended an introduction to charity governance, facilitated by a charity lawyer.



*List of trustees (with appointments and resignations)  
from 1 April 2016 to signing date*

Trustee name	Appointed / Resigned
Dr Stephen Beyer	Resigned March 2017
Douglas Blausten	Resigned April 2017
Kyla Brand	
Dr Peter Byrne	Appointed June 2016
Dr Linda de Caestecker	Appointed September 2017
Neil Caldicott	Appointed June 2016
Jacqueline Dyer MBE	Appointed June 2016
Paul Hodgkinson CBE	
Paul Infield	Appointed June 2016
Dr Ann John	Appointed September 2017
Valerie Jolliffe	Appointed June 2016
Professor David Kingdon	Resigned January 2017
Keith Leslie (Chair)	
Diane Moore	Resigned March 2017
James O'Leary	
Jenny Paton	Appointed June 2016
Aisha Sheikh-Anene (Treasurer)	Appointed June 2016
Adrian Stott	

### Statement of trustees' responsibilities

The trustees (who are also directors of the Mental Health Foundation for the purposes of company law) are responsible for preparing the trustees' report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and



fair view of the state of affairs of the charitable company and of the income and expenditure of the charitable company for that period.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in 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 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.

### Senior Executive Team

Senior executives		Appointed/ resigned
Jenny Edwards CBE	Chief Executive Officer (CEO)	
Isabella Goldie	Director of Development and Delivery	
Mark Rowland	Director of Fundraising and Communications	
Chris Hughes	Director of Finance and Resources*	Resigned September 2016
David Lyon FCCA	Interim Director of Finance and Resources*	Appointed September 2016

\*The Director of Finance and Resources also acts as Secretary to the charitable company.

### 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 to ensure that individuals are selected, promoted and treated on the basis of their relevant merits and abilities.

During the year the Foundation signed up to the Mindful Employers' Charter which is a voluntary initiative which aims to provide employers with easier access to information and local support in relation to staff experiencing stress, anxiety, depression or other mental health conditions. Signatories are encouraged to incorporate policies and procedures that make their workplaces more welcoming of people who have experienced such conditions.

### 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.

During the year the Foundation conducted a full independent review of all salaries including those of SMT members. The outcome was a simpler grading system with five broad salary bands underpinned by a job evaluation framework that is applicable to all future roles within the charity. New grades and salaries were published in December 2016, and appeals were heard and completed by the end of January 2017. The framework was presented to and endorsed by trustees.

The review achieved its objectives, which were to ensure that we pay all staff fairly and at appropriate market rates, and provided the charity with an updated and fit for purpose evaluation and benchmarking tool.



### Pension arrangements

The Foundation operates an individual money-purchase scheme for all eligible members of staff, contributing 10% of pensionable salary to each employee's fund. The scheme is fully compliant with auto-enrolment regulations.

### Project delivery

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

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

### Risk management

The Senior Management Team identifies key risks facing the Mental Health Foundation after considering input from functional teams and national offices. These are documented in a risk register, which is reviewed by the Finance and Resources Committee and approved by the Board of 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 risk register is reviewed every 6 months by the Committee, and amended for changes regarding risks, mitigating controls and actions.

The risk management process has resulted in a priority on mitigating controls and actions for the following risks:

The charity's IT infrastructure, including measures to prevent cyber-attack and loss of data, needs upgrading. Servers are old and will need to be replaced within the next 12 months.

The General Data Protection Regulation (GDPR) and the requirements of the Fundraising Regulator mean that the charity will need to revisit its data protection policy and practice.

Staff turnover has been high during a period of substantial restructure and change; effort is needed to recruit and retain staff who will enable the charity to grow sustainably.

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

Chair 

Approved by the trustees on 21st September 2017



# INDEPENDENT AUDITOR'S REPORT



## Independent auditor's report to the Trustees and members of the Mental Health Foundation

We have audited the financial statements of the Mental Health Foundation for the year ended 31 March 2017 which comprise the statement of financial activities, the balance sheet, the statement of cash flows, the principal accounting policies and the related notes. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), including FRS 102, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland.

This report is made solely to the charity'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 charity'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 charity, the charity's members as a body and the charity's trustees as a body, for our audit work, for this report, or for the opinions we have formed.

### Respective responsibilities of trustees and auditor

The trustees are also directors of the charitable company for the purposes of company law. As explained more fully in the statement of trustees' responsibilities set out in the trustees' report, the trustees are responsible for the preparation of financial statements which give a true and fair view.

We have been appointed as auditor under section 44 (1) (c) of the Charities and Trustee Investment (Scotland) Act 2005 and under the Companies Act 2006 and report in accordance with regulations made under those Acts.

Our responsibility is to audit and express an opinion on the financial statements in accordance with applicable law and International Standards on Auditing (UK and Ireland). Those standards require us to comply with the Auditing Practices Board's (APB's) Ethical Standards for Auditors.

### Scope for audit of the financial statements

An audit involves obtaining evidence about the amounts and disclosures in the financial statements sufficient to give reasonable assurance that the financial statements are free from material misstatement, whether caused by fraud or error. This includes an assessment of: whether the accounting policies are appropriate to the charity's circumstances and have been consistently applied and adequately disclosed; the reasonableness of significant accounting estimates made by the trustees; and the overall presentation of the financial statements. In addition, we read all the financial and non-financial information in the trustees' report to identify material inconsistencies with the audited financial statements and to identify any information that is materially incorrect based on, or materially inconsistent with, the knowledge acquired by us in the course of performing the audit. If we become aware of any apparent material inconsistencies we consider the implications for our report.

### Opinion on the financial statements

In our opinion the financial statements:

- give a true and fair view of the state of the charity's affairs as at 31 March 2017 and of its income and expenditure for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005 and regulation 8 of the Charities Accounts (Scotland) Regulations 2006.



### Opinion 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 for the financial year for which the financial statements are prepared is consistent with the financial statements and the trustees' report has been prepared in accordance with applicable legal requirements.

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

In light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have identified no material misstatements in the trustees' report.

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

- the charity has not kept proper and adequate accounting records; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to take advantage of the small companies exemption from the requirement to prepare a strategic report.

*Buzzacott LLP*

25 October 2017

Amanda Francis, Senior Statutory Auditor  
for and on behalf of Buzzacott LLP, Statutory Auditor  
130 Wood Street  
London  
EC2V 6DL

# FINANCIAL STATEMENTS



## Statement of financial activities (including income and expenditure account) Year to 31 March 2017

	Notes	Unrestricted funds £	Restricted funds £	Permanent endowment funds £	Total 2017 funds £	Total 2016 funds £
<b>Income from:</b>						
Donations	1	1,521,600	25,200	—	<b>1,546,800</b>	1,171,684
Legacies	2	857,900	—	—	<b>857,900</b>	834,632
Fundraising events	3	320,626	—	—	<b>320,626</b>	329,404
Investments	4	1,822	—	8	<b>1,830</b>	2,271
Charitable trading activities	5					
- Statutory grants receivable		—	237,916	—	<b>237,916</b>	256,754
- Other grants		—	1,476,528	—	<b>1,476,528</b>	1,293,991
- Charitable trading activities		241,830	—	—	<b>241,830</b>	563,238
<b>Total income</b>		<b>2,943,778</b>	<b>1,739,644</b>	<b>8</b>	<b>4,683,430</b>	<b>4,451,974</b>
<b>Expenditure on:</b>						
Raising funds	6	863,975	—	—	<b>863,975</b>	589,566
Charitable activities	7					
- Mental Health Programmes		1,080,621	1,563,096	—	<b>2,643,717</b>	2,349,586
- Learning Disabilities Programme		174,864	147,163	—	<b>322,027</b>	548,520
- Information, education, dissemination and advisory services programme		677,367	64,078	—	<b>741,445</b>	844,867
<b>Total expenditure</b>		<b>2,796,827</b>	<b>1,774,337</b>	<b>—</b>	<b>4,571,164</b>	<b>4,332,539</b>
<b>Net income (expenditure) and net movement in funds</b>	10	<b>146,951</b>	<b>(34,693)</b>	<b>8</b>	<b>112,266</b>	<b>119,435</b>
<b>Reconciliation of funds:</b>						
Funds brought forward at 1 April 2016		1,086,549	557,314	44,770	<b>1,688,633</b>	1,569,198
<b>Funds carried forward at 31 March 2017</b>		<b>1,233,500</b>	<b>522,621</b>	<b>44,770</b>	<b>1,800,899</b>	<b>1,688,633</b>

All of the charity's activities derived from continuing operations during the above two financial periods.



## Balance sheet 31 March 2017

	Notes	2017 £	2017 £	2016 £	2016 £
<b>Fixed assets</b>					
Tangible assets	14		—		1,186
Investments	15		<b>396,685</b>		395,155
					396,341
<b>Current assets</b>					
Debtors	16	<b>1,020,015</b>		1,096,607	
Cash at bank and in hand		<b>626,739</b>		514,616	
		<b>1,646,754</b>		1,611,223	
<b>Liabilities</b>					
Creditors: amounts falling due within one year	17	<b>(242,540)</b>		(318,931)	
<b>Net current assets</b>			<b>1,404,214</b>		1,292,292
<b>Total net assets</b>			<b>1,800,899</b>		1,688,633
<b>Represented by: Funds and reserves</b>					
<b>Income funds</b>					
Unrestricted funds - General funds			<b>1,233,500</b>		1,086,549
Restricted funds	18		<b>522,621</b>		557,314
			<b>1,756,121</b>		1,643,863
<b>Capital funds</b>					
Permanent endowment funds	19		<b>44,778</b>		44,770
			<b>1,800,899</b>		1,688,633

Signed on behalf of the trustees by:

Chair

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

Approved by the trustees on



## Statement of cash flows Year to 31 March 2017

	Notes	2017 £	2016 £
<b>Cash flows from operating activities:</b>			
Net cash provided by (used in) operating activities	A	<b>111,784</b>	(62,598)
<b>Cash flows from investing activities:</b>			
Investment income received		<b>1,864</b>	2,310
Purchase of tangible fixed assets		<b>(1,530)</b>	(1,778)
<b>Net cash provided by investing activities</b>		<b>339</b>	532
<b>Change in cash and cash equivalents in the year</b>		<b>112,123</b>	(62,066)
<b>Cash and cash equivalents at 1 April 2016</b>	B	<b>514,616</b>	576,682
<b>Cash and cash equivalents at 31 March 2017</b>	B	<b>626,739</b>	514,616

### Notes to the statement of cash flows for the year to 31 March 2017.

#### A. Reconciliation of net movement in funds to net cash provided by (used in) operating activities

	2017 £	2016 £
Net movement in funds (as per the statement of financial activities)	<b>112,266</b>	119,435
<b>Adjustments for:</b>		
Depreciation charge	<b>1,186</b>	26,208
Interest receivable	<b>(339)</b>	(532)
Investment income receivable	<b>(1,530)</b>	(1,778)
Decrease (increase) in debtors	<b>76,592</b>	(124,962)
Decrease in creditors	<b>(76,391)</b>	(80,969)
<b>Net cash provided by (used in) operating activities</b>	<b>111,784</b>	(62,598)

#### B. Analysis of cash and cash equivalents

	2017 £	2016 £
<b>Total cash and cash equivalents:</b> Cash at bank and in hand	<b>626,739</b>	514,616

# PRINCIPAL ACCOUNTING POLICIES



The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the accounts are laid out below.

## Basis of accounting

These financial statements have been prepared for the year to 31 March 2017 with comparative information provided in respect to the year to 31 March 2016.

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.

## 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 one year from the date of approval of these financial statements.

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.

## Income recognition

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

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 when a distribution is received from the estate. Receipt of a legacy, in whole or in part, is only considered probable when the amount can be measured reliably and the charity has been notified of the executor's intention to make a distribution. Where legacies have





been notified to the charity, or the charity is aware of the granting of probate, but the criteria for income recognition have not been met, then 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 been 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 benefits will flow to the charity and the revenue can be reliably measured. All such income is measured as the fair value of the consideration received or receivable, excluding discounts, rebates, value added tax and other sales taxes.

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

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

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

### **Expenditure recognition**

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



All expenditure is accounted for on an accruals basis. Expenditure comprises direct costs and support costs. All expenses, including support costs, are allocated or apportioned to the applicable expenditure headings. The classification between activities is as follows:

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

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

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

### **Allocation of support and governance costs**

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

Governance costs comprise the costs involving the public accountability of the 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. At the end of this period, assets are eliminated from the accounts on the basis that their value is negligible.

### **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 short-term deposits. 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.

### **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 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 19).

### **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.



# NOTES TO THE FINANCIAL STATEMENTS



## 1. Income from: Donations

	Unrestricted funds £	Restricted funds £	Permanent endowment funds £	Total 2017 £	Total 2016 £
<b>Total funds 2017</b>	1,521,600	25,200	—	<b>1,546,800</b>	1,171,684
Total funds 2016	1,171,684	—	—	1,171,684	

## 2. Income from: Legacies

	Unrestricted funds £	Restricted funds £	Permanent endowment funds £	Total 2017 £	Total 2016 £
<b>Total funds 2017</b>	857,900	—	—	<b>857,900</b>	834,632
Total funds 2016	834,632	—	—	834,632	

## 3. Income from: Fundraising events

	Unrestricted funds £	Restricted funds £	Permanent endowment funds £	Total 2017 £	Total 2016 £
<b>Total funds 2017</b>	320,626	—	—	<b>320,626</b>	329,404
Total funds 2016	329,404	—	—	329,404	

## 4. Income from: Investments

	Unrestricted funds £	Restricted funds £	Permanent endowment funds £	Total 2017 £	Total 2016 £
<b>Total funds 2017</b>	1,822	—	8	<b>1,830</b>	2,271
Total funds 2016	2,263	—	8	2,271	

## 5. Income from: Charitable activities

	Unrestricted funds £	Restricted funds £	Permanent endowment funds £	Total 2017 £	Total 2016 £
<b>Statutory grants:</b>					
Scottish Government	—	210,926	—	<b>210,926</b>	229,764
Welsh Government	—	26,990	—	<b>26,990</b>	26,990
<b>Other grants (see below)</b>	—	1,476,528	—	<b>1,476,528</b>	1,293,991
<b>Charitable trading</b>	241,830	—	—	<b>241,830</b>	563,238
Total funds 2017	241,830	1,714,444	—	<b>1,956,274</b>	2,113,983
Total funds 2016	563,238	1,550,745	—	2,113,983	

Other grants comprise:	Total 2017 £
Awards for All (Scottish Film Festival)	10,000
Big Lottery Fund England – Reaching Communities (When I Grow Up)	51,212
Big Lottery Fund England – Reaching Communities (Self-help & Isolation)	104,750
Big Lottery Fund England – Reaching Communities (Young Mums Together)	126,340
Big Lottery Fund England – Reaching Communities (Babies in Mind)	188,639
Big Lottery Fund Scotland – Investing in Communities (Peer Support for Carers)	134,343
Big Lottery Fund Scotland (My Voice)	43,823
Big Lottery Fund Scotland (Mental Health and Cancer)	10,000
Big Lottery Fund Scotland (Drill)	1,077
Big Lottery Fund Wales – People and Places (Parc Prison-Self Management for inmates)	17,666
Big Lottery Fund Wales – People and Places (Creating Connections)	55,505
Comic Relief (Children & Young People's Mental Health)	5,000
Comic Relief (VOX)	21,991
Constance Travis Charitable Trust (Fundamental Facts)	10,000
CP Thackray General Charitable Trust (Fundamental Facts)	600
Creative Scotland (Performing Arts Ambition and Developing Curatorial Approach)	9,675
Creative Scotland (Scottish Film Festival)	15,000
Donald Forrester Trust (Moving on)	5,000
D'Oyly Charitable Trust (Scottish Film Festival)	3,500
Eastern Counties Charitable Trust (Moving on)	2,329
Esmée Fairbairn Foundation (What Works)	64,958
European Commission (eMEN)	27,228



Other grants comprise (cont.):	Total 2017 £
Film Hub Scotland (Scottish Film Festival)	9,840
Forestry Federation (Scottish Film Festival)	1,500
Health and Social Care Alliance (U-can)	85,146
Health in Mind (Survivor Fund)	107,747
John Sumner's Trust (Fundamental Facts)	200
Joseph Rowntree Foundation (VERDe)	4,620
Life Changes Trust (VERDe)	9,240
Merchant House of Glasgow (Scottish Film Festival)	2,000
Maternal Mental Health Alliance (MMHA)	500
Mental Health Consortia	20,000
Masonic Charitable Foundation (Employers' Guide)	19,686
NHS Lothian (Scottish Film festival)	10,000
NHS Greater Glasgow & Clyde (Scottish Film Festival)	7,250
NHS Health Scotland (Scottish Film Festival)	10,000
PF Charitable Trust (Fundamental Facts)	2,000
Paul Hamlyn Foundation (Coalition for Change)	30,000
Royal College of Psychiatrists (Scottish Film Festival)	5,000
See Me Community Innovation Fund (Scottish Film Festival)	40,000
School of Health and Social Science (Dementia Dialogues)	5,541
Scottish Association for Mental Health (Stigma and Discrimination)	114,950
Scouloudi Charitable Trust (Fundamental Facts)	3,000
The Stangeward Charitable Trust (Moving On)	2,500
Zurich Community Trust (Children & Young People's Mental Health Coalition)	45,732
University of Strathclyde (CRISP)	21,602
University of Warwick (Euripides)	9,288
Winston Churchill Memorial Trust (WCMT)	550
<b>Total other grants</b>	<b>1,476,528</b>



The income from other grants related to the following charitable activities:

	Unrestricted funds £	Restricted funds £	Total 2017 £	Total 2016 £
Mental Health Programmes	—	1,350,528	<b>1,350,528</b>	1,128,120
Learning Disabilities Programme	—	126,000	<b>126,000</b>	165,871
<b>Total funds 2017</b>	—	1,476,528	<b>1,476,528</b>	1,293,991
Total funds 2016	—	1,293,991	1,293,991	

Statutory grants receivable comprise:

	Unrestricted funds £	Restricted funds £	Total 2017 £	Total 2016 £
<b>Scottish Government</b>				
VOX	—	115,000	<b>115,000</b>	115,000
Glasgow & Edinburgh	—	—	—	47,500
Musawa	—	39,076	<b>39,076</b>	—
Peer Potential	—	56,850	<b>56,850</b>	67,264
	—	210,926	<b>210,926</b>	229,764
<b>Welsh Government</b>				
Service User Forum	—	26,990	<b>26,990</b>	26,990
<b>Total funds 2017</b>	—	237,916	<b>237,916</b>	256,754
Total funds 2016	—	256,754	256,754	

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

	Total 2017 £
Peacock Charitable Trust	<b>27,000</b>
Promotor Stiftung	<b>38,932</b>
GMC Trust	<b>20,000</b>
CAF Grant Fund	<b>15,778</b>
The 3Ts Charitable Trust	<b>15,000</b>
Adint Charitable Trust	<b>10,000</b>
Hugh and Mary Miller Bequest	<b>5,800</b>
Clapp Family Charitable Trust	<b>5,100</b>
Mr & Mrs P Webster Trust	<b>5,000</b>



## 6. Expenditure on raising funds

	Unrestricted funds £	Restricted funds £	Permanent endowment funds £	Total 2017 £	Total 2016 £
<b>Total general fundraising (including staff costs) 2017</b>	863,975	—	—	<b>863,975</b>	589,566
Total funds 2016	589,566	—	—	589,566	

## 7. Charitable activities

	Direct costs £	Support costs (note 9) £	Total 2017 £	Total 2016 £
Mental Health Programmes	2,233,498	410,219	<b>2,643,717</b>	2,349,586
Learning Disabilities Programme	248,774	73,253	<b>322,027</b>	548,520
Information, education, dissemination and advisory services programme	609,589	131,856	<b>741,445</b>	844,867
<b>Total funds 2017</b>	<b>3,091,861</b>	<b>615,328</b>	<b>3,707,189</b>	3,742,973
Total funds 2016	3,127,343	615,630	3,742,973	

	Staff costs £	Other costs £	Total 2017 £	Total 2016 £
Direct costs included above comprise:				
Mental Health Programmes	1,179,900	1,053,598	<b>2,233,498</b>	1,953,506
Learning Disabilities Programme	176,578	72,196	<b>248,774</b>	458,030
Information, education, dissemination and advisory services programme	434,187	175,402	<b>609,589</b>	715,808
<b>Total funds 2017</b>	<b>1,790,665</b>	<b>1,301,196</b>	<b>3,091,861</b>	3,127,344
Total funds 2016	1,942,007	1,185,336	3,127,343	

At 31 March 2017 the charity had no commitments in respect to future grants (2016 – none).



## 8. Governance costs

	Unrestricted funds £	Restricted funds £	Permanent endowment funds £	Total 2017 £	Total 2016 £
Legal and professional fees	14,750	—	—	<b>14,750</b>	13,750
Trustees' expenses and other trustee related costs	2,616	—	—	<b>2,616</b>	2,923
<b>Total governance costs 2017</b>	<b>17,366</b>	<b>—</b>	<b>—</b>	<b>17,336</b>	16,673
Total governance costs 2016	16,673	—	—	16,673	

## 9. Support costs

	London office £	IT £	Finance £	Human resources £	Total 2017 £
Costs of raising funds	69,929	23,791	39,066	28,372	<b>161,158</b>
Mental Health Programmes	178,002	60,555	99,442	72,220	<b>410,219</b>
Learning Disabilities Programme	31,787	10,813	17,757	12,896	<b>73,253</b>
Information, education, dissemination and advisory services programme	57,215	19,464	31,963	23,214	<b>131,856</b>
	<b>336,933</b>	<b>114,622</b>	<b>188,228</b>	<b>136,702</b>	<b>776,486</b>

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



## 10. Net income (expenditure) and net movement in funds

This is stated after charging:

	2017 £	2016 £
Staff costs (note 11)	2,589,191	2,511,582
Depreciation	1,186	26,208
<b>Auditor's remuneration</b>		
Audit	14,000	13,750
Other services (payroll outsourcing)	7,177	6,597
<b>Operating lease rentals</b>		
Land and buildings	132,102	130,045
Equipment	19,686	24,590

## 11. Staff costs

	2017 £	2016 £
<b>Staff costs during the year were as follows:</b>		
Wages and salaries	2,178,386	2,120,812
Social security costs	209,778	211,399
Other pension costs	189,454	169,520
	2,577,618	2,501,731
Agency and temporary staff	11,573	9,851
	2,589,191	2,511,582

The average monthly number of employees (including temporary staff) during the year was 69 (2016 - 57).

Included within wages and salaries above are redundancy payments totalling £105,317 relating to ten members of staff (2016 - £28,273 relating to three members of staff).



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:

	2017	2016
£60,000 - £70,000	2	2
£70,000 - £80,000	—	—
£80,000 - £90,000	1	1

Employer contributions made to a money purchase scheme in respect of the above employees during the year amounted to £23,446 (2016 - £19,147).

The key management personnel in charge of directing, controlling, running and operating the charity on a day to day basis comprise the trustees together with the Chief Executive, the Director of Development and Delivery, the Director of Fundraising and Communication and the Director of Finance and Resources. The total remuneration payable to key management personnel during the year was £275,976 (2016 - £252,801).

## 12. Trustees' remuneration and expenses

No trustee received any remuneration in respect of their services as a trustee during the year (2016 - £nil).

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

	2017		2016	
	No of Trustees	Aggregate amount £	No of Trustees	Aggregate amount £
Travel and other expenses	5	2,616	3	2,923

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 £2,910 (2016 - £2,897) and provided cover of £1,000,000 (2016 - £1,000,000).



### 13. 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.

### 14. Tangible fixed assets

Fixtures, fittings and equipment £	
<b>Cost</b>	
At 1 April 2016 and at 31 March 2017	233,161
<b>Depreciation</b>	
At 1 April 2016	231,975
Charge for the year	1,186
At 31 March 2017	233,161
<b>Net book values</b>	
At 31 March 2017	—
At 31 March 2016	1,186

### 15. Investments

	Unlisted investments £	Cash deposits £	2017 Total £
<b>Market value/valuation</b>			
At 1 April 2016	73	395,082	<b>395,155</b>
Interest reinvested	—	1,530	<b>1,530</b>
At 31 March 2017	73	396,612	<b>396,685</b>

Unlisted investments comprise shares in Helpcards Limited. The shares have been valued by the Trustees having regard to the company's net assets as at 31 March 2017.



### 16. Debtors

	2017 £	2016 £
Charitable trading debtors and grants receivable	<b>210,037</b>	193,122
Prepayments	<b>134,906</b>	74,443
Other debtors	<b>57,218</b>	26,042
Legacy notifications	<b>617,854</b>	803,000
	<b>1,020,015</b>	1,096,607

### 17. Creditors: amounts falling due within one year

	2017 £	2016 £
Expense creditors	<b>104,606</b>	120,508
Other creditors	<b>123,184</b>	159,109
Service delivery deferred income	—	25,564
Accruals	<b>14,750</b>	13,750
	<b>242,540</b>	318,931

### 18. Restricted funds

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

	At 1 April 2016 £	Income £	Expenditure £	At 31 March 2017 £
BLF England Reaching Communities (When I Grow Up)	20,760	51,213	(71,912)	<b>61</b>
BLF England Reaching Communities (Self-help and Isolation)	36,379	104,751	(110,974)	<b>30,156</b>
BLF England Reaching Communities (Young Mums Together)	11,830	126,341	(100,451)	<b>37,720</b>
BLF England Reaching Communities (Mums and Babies in Mind)	24,406	188,639	(119,421)	<b>93,624</b>
BLF Scotland Investing in Communities (Peer Support for Carers)	14,367	134,343	(116,078)	<b>32,632</b>
BLF Wales People and Places (Creating Connections)	59,010	55,505	(110,474)	<b>4,042</b>



Restricted funds (cont.)	At 1 April 2016 £	Income £	Expenditure £	At 31 March 2017 £
BLF Wales People and Places (Parc Prison)	53,459	17,666	(58,702)	<b>12,423</b>
Health Education England (Through Each Other's Eyes)	51,976	—	(50,590)	<b>1,386</b>
Scottish Association for Mental Health (Stigma and Discrimination)	10,158	114,950	(125,108)	—
My Voice (Sawti)	—	43,823	(14,170)	<b>29,653</b>
Mental health and cancer	—	10,000	—	<b>10,000</b>
U Can	—	85,146	(41,421)	<b>43,725</b>
Survivors Fund (Future Pathways)	—	107,747	(107,747)	—
Fundamental Facts	—	15,800	(15,800)	—
e-Men	—	27,227	(27,227)	—
Mental Health Consortia	—	20,000	(20,000)	—
Citizenship, Recovery and Inclusive Societies Partnership (CRISP)	—	21,602	(21,523)	<b>78</b>
Winston Churchill Memorial Trust (WCMT) Fellowship	—	550	(550)	—
What Works	29,281	64,958	(48,282)	<b>45,957</b>
Children and Young People's Mental Health Coalition	39,810	80,732	(64,740)	<b>55,802</b>
Employers' Guide	—	19,686	(13,012)	<b>6,674</b>
Research prize fund	7,500	—	(500)	<b>7,000</b>
Maternal Mental Health Alliance	4,756	500	(590)	<b>4,666</b>
Other restricted funds	262,713	945,736	(909,537)	<b>298,912</b>
	<b>557,314</b>	<b>1,739,644</b>	<b>(1,774,337)</b>	<b>522,621</b>

The specific purposes for which the funds were received and applied are as follows:

### When I Grow Up

When I Grow Up works in partnership with schools, developing their existing knowledge and expertise to assist children with learning disabilities to raise their aspirations and ultimately find gainful employment.

### Self-help and Isolation

Creating 25 facilitated peer support groups across London to combat loneliness in Sheltered & Extra Care Housing to enable isolated older tenants build social networks and improve their well-being.



### Young Mums Together

To reduce the risk factors young mothers (aged under 25) are vulnerable to, and enhance their life chances and mental wellbeing, by creating 15 new facilitated peer support groups to mediate difficulties with mental health, parenting, family relationships and employment, education and training.

### Mums and Babies in Mind

In Blackpool, Haringey, Southend and Gloucestershire, and working alongside the Maternal Mental Health Alliance, midwives, health visitors and other professionals will be supported in perinatal mental health, so they can work together as local champions promoting proven ways of supporting mothers and babies.

### Peer Support for Carers

This joint Mental Health Foundation Scotland (MHF), Glasgow Association for Mental Health (GAMH) and Action in Mind project aims to significantly improve the quality of life of family members that have a caring responsibility for a person with a mental health problem.

### Creating Connections

To support single parents to improve life chances and mental well-being by providing self- management training including goal-setting and peer support groups.

### Parc Prison

Inmates of Parc Prison, South Wales are trained in self-management techniques to achieve goals and behaviour change, and to benefit from peer support of other course participants. There is a very high incidence of mental health issues in prison, and this project enables participants to better manage their own mental health.

### Through Each Other's Eyes

We use Video Interactive Guidance with parents to reflect on video recordings of positive interactions with their baby. This intervention supports and empowers parents struggling to bond, and experiencing post-natal depression and anxiety, to build self-confidence and attunement with their babies, and to engage with family-, peer- and community-based networks. This will help new-born babies flourish and build positive relationships and resilience.





### **Stigma and Discrimination**

See Me is Scotland's programme to tackle mental health stigma and discrimination and enable people who experience mental health problems to live fulfilled lives. Managed by the Scottish Association for Mental Health (SAMH) and The Mental Health Foundation.

### **My Voice (Sawti)**

The project aims to raise awareness of mental health and wellbeing of refugees' communities using the arts and group-work as well as developing a mentoring scheme among refugees and asylum seekers in Scotland.

### **Mental health and cancer**

A research project to understand the mental health impact of having a cancer diagnosis, and identifying solutions that can inform policy and practice for those affected.

### **U Can**

A Mental Health Foundation project set up to support young people with long-term physical health conditions manage their mental health. The U Can project is in partnership with Young Scot, Action for Sick Children and Arthritis Care Scotland.

### **Survivors Fund (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).

### **Fundamental Facts**

An overview of illustrative statistics about mental health and its determinants across the UK with separate publications for Scotland, Wales and Northern Ireland.' NB this is for the Constance Travis Charitable Trust, John Sumner Trust, PF Charitable Trust, Scouloudi Charitable Trust.

### **eMEN**

This is a project funded by the European Regional Development Fund (North-West Region) Interreg Programme with the aim to progressing the scaled use of digital technologies for mental health over the course of 42 months through research, policy and communication activities; and create a long term international collaboration platform.



### **Mental Health Consortia**

The Policy project will produce two publications on: young women's mental health, and psychologically informed prison environments with a particular focus on the experiences of offenders from BAME communities.

### **CRISP**

Citizenship, Recovery and Inclusive Societies Partnership is an international knowledge exchange led by the University of Strathclyde with Mental Health Foundation, Yale, New York University, Institute of Technology Illinois, Ulm University and the Finnish Association for Mental Health.

### **WCMT**

The Winston Churchill Memorial Trust is funding a three-year travel Fellowship programme (2016-2018) on community approaches to mental health in collaboration with Mental Health Foundation whose role is to maximise the impact of the Fellowships and provide mentoring support.

### **What Works**

To map, understand and prioritise the extent and impact of hate crime against people with learning disabilities and the solutions available to prevent and reduce harm.

### **Coalition**

The Children and Young People's Mental Health Coalition is a membership body that brings together leading charities to campaign jointly on the mental health and wellbeing of children and young people. It is hosted by the Mental Health Foundation.

### **Employers' Guide**

Creating an employers' guide to assist them employing people with learning disabilities. Builds on our employment work for people with learning disabilities and support skills-based approach for eventual beneficiaries. Employment outcomes are a big factor impacting on people's mental health.

### **Research prize fund**

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

### **Maternal Mental Health Alliance**

This fund represents monies held for and on behalf of the Maternal Mental Health Alliance.



## 19. Permanent endowment funds

	At 1 April 2016 £	Additions £	At 31 March 2017 £
Wilke Fund	12,093	—	<b>12,093</b>
Lander Fund	32,677	8	<b>32,685</b>
	44,770	8	<b>44,778</b>

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.

## 20. Analysis of net assets between funds

	Unrestricted funds £	Restricted funds £	Permanent endowment funds £	Total funds £
Tangible fixed assets	—	—	—	—
Investments	396,685	—	—	<b>396,685</b>
Net current assets	836,815	522,621	44,778	<b>1,404,214</b>
	1,233,500	522,621	44,778	<b>1,800,899</b>

## 21. Operating lease commitments

At 31 March 2017 the charity had the following total minimum lease payments under non- cancellable operating leases:

	Land and buildings		Other	
	2017 £	2016 £	2017 £	2016 £
<b>Operating leases which expire:</b>				
Within one year	<b>65,200</b>	80,325	<b>17,856</b>	17,330
After one but within two years	<b>29,000</b>	29,000	<b>17,921</b>	17,463
After two but within five years	<b>31,417</b>	60,417	<b>16,515</b>	38,191
	<b>125,617</b>	169,742	<b>52,292</b>	72,984



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