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REFERENCE AND ADMINISTRATION INFORMATION ABOUT THE CHARITY, ITS TRUSTEES AND ADVISORS



Patron

HRH Princess Alexandra
The Hon Lady Ogilvy KG GCVO

Trustees

Keith Leslie (Chair)
Kyla Brand
Peter Byrne
Neil Caldicott
Linda de Caestecker (Appointed September 2017)
Jacqui Dyer MBE
Paul Hodgkinson CBE
Paul Infield (Resigned September 2017)
Ann John (Appointed September 2017)
Valerie Jolliffe (Resigned November 2017)
James O'Leary
Jenny Paton
Aisha Sheikh-Anene
Adrian Stott (Resigned October 2017)

Secretary

David Lyon (Resigned September 2017)
Peter Davies (Appointed September 2017)

President

Professor Dinesh Bhugra CBE (Resigned June 2018)

Chair of the Friends of the Foundation

Fiorella Massey

Vice Presidents

Lord Dholakia OBE DL
Lady Euston
Tessa Baring CBE
Sir Neville Macready Bt. CBE
David Sachon
Charles Walsh

Senior Management Team

Jenny Edwards CBE, Chief Executive
(Resigned December 2017)
Isabella Goldie, Director of Development & Delivery

Mark Rowland, Director of Fundraising & Communication
Peter Davies, Director of Finance & Resources (Appointed September 2017)

Registered and principal office

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

Website: www.mentalhealth.org.uk

Twitter: @mentalhealth

Facebook: www.facebook.com/mentalhealthfoundation

Instagram: @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 Limited
COIF Charity Funds, Senator House
85 Queen Victoria Street, London, EC4V 4ET

Solicitors

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

Dentons UK and Middle East
One Fleet Place, London
EC4M 7WS

Russell Cooke, 8 Bedford Row, London
WC1R 4BX

PREFACE



Our charitable activities focus on prevention. This includes the prevention of mental problems at an early stage in people's lives and the prevention of distress getting worse in those with existing mental health problems.

These activities are undertaken for the public benefit.

There is a growing recognition that mental health problems are becoming the single biggest public health challenge that we face, blighting the lives of tens of millions of people. At the same time the NHS and other services are struggling under the pressure to meet demand.

Something needs to change.

Most mental health problems are established in childhood and we need to act early to protect children's mental health and to support family resilience. Our communities face factors such as poverty and discrimination that puts mental health at risk. Many people live in environments that can be corrosive to mental health including those in urban areas where loneliness is increasing.

There is much that we can do ourselves to improve our mental health. But not everyone can achieve this alone. Instead national and local government must create the conditions that protect and improve mental health in our homes, our schools, our places of employment and across society.

We have made a powerful case for prevention and believe we are at a turning point in public understanding. But now we need to see action that supports this. In the coming year we aim to lead a movement for change. Mental health problems limit every life.

Even if we don't have mental health problems ourselves, we will know someone who does.

As such it will require us to reach out widely to persuade people to come together to work collectively towards better mental health for all.

Our ambition is to create perhaps the most important cultural shift of our generation.

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

Our **Mission** is to help people understand, protect and sustain their mental health.

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

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

INTRODUCTION BY THE CHAIR OF TRUSTEES



I would first like to thank all the people whose hard work is integral to the Foundation. My fellow Board members, our Patron, HRH Princess Alexandra, our excellent staff team, the Friends of the Foundation chaired by Fiorella Massey, the Foundation's supporters more broadly, and the many volunteers, fundraisers, partner organisations 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. The Mental Health Foundation has a unique opportunity in the coming few years to promote public mental health and campaign and advocate for action on prevention of mental ill health.

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 is an issue now regularly in the media and rightly an issue of great concern that 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. Real work on prevention requires long term commitment and hard work by parents, the NHS, the extended family, the education system, primary care professionals, local authorities and many more.

We in the Mental Health Foundation know what needs to be done, we demonstrate effectiveness in our projects and we are the leading charity in the field across the four nations of the UK and internationally.

The priority of prevention 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 and we are delighted to share our expertise across the field with many other charities, Public Health England, the Scottish Government, the Mayor of London - to name but a few.



Our work to review the evidence on prevention and map mental health inequalities by region is now being cited as essential guidance by national and local government, as well as advocacy and events organisations. 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 fundamental for thriving in life and linked to a variety of factors including loneliness, trauma, physical health and poverty. Our strategy is focused on reducing and preventing mental health problems across the life course.

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. We are bringing new people and sources of expertise into our organisation.

A committed board is being reinforced regularly with new trustees delivering expertise and input from outside the Foundation.

We have concluded a review of our governance procedures and we are confident that we live up to the new standards set by the Charities Commission.

All of these strengths and investments mean that I can assure all our supporters, donors and stakeholders that the charity is in robust good health and well placed to fulfil its goals.

This Annual Report sets out what we have achieved in 2017/18 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.

Keith Leslie
Chair of trustees

Date:

OUR APPROACH

Our aim is to improve mental health for everybody in 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 learning more about the factors that work to protect or erode our mental health and wellbeing. We also work alongside partners and communities to ensure that we build a sustainable movement for change based on solutions that create the greatest impact. Our intention is to leave no-one behind.

- We aim to achieve maximum impact and reach by disseminating new knowledge through partnerships and networks and with the public.

2. Creating New Evidence-Based Solutions

- We develop, test and deliver interventions that help people sustain good mental health and wellbeing, and take early action to prevent problems from developing.
- We develop test and deliver interventions to reduce the risk of relapse and improve

- quality of life for those who have experienced mental health problems and their families.
- We evaluate our programmes of innovation and share the results and challenges of implementation with partners, networks and other relevant bodies to increase effectiveness.
- We produce resources and training that supports the implementation of interventions in a range of settings and at pressure points in people's lives – including in education, the workplace and around childbirth.

Just 13%

of Britons are living with high levels of positive mental health.



#MHAW18



65%

of Britons say they have experienced a mental health problem at some point in their life.



#MHAW18



“Our intention is to leave no-one behind”

We do this in four ways:

1. Improving Our Understanding of How to Prevent Mental Health Problems

- We undertake research that enables us to learn and share what works to prevent and reduce the impact of mental health problems.
- We form research partnerships with experts in mental health, including people with lived experience, practitioners and academics. This is to ensure we capture a range of expertise and views.

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3. Making Practical Support Available

- We maintain an easy-to-use online knowledge centre where people from all walks of life can access tools and advice to protect and sustain good mental health.
- We make good quality information that people can trust as accessible to a mass audience as possible through print, broadcast, digital and social media. Our advice is backed by evidence and informed by those with lived experience.
- We identify emerging or unmet needs of the population and establish research priorities that allow us to find out what works to address these.

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4. Advocating for Change

- We provide leadership on prevention and work with partner organisations to make the case for investment in prevention at the highest levels of government.
- We campaign alongside our supporters, people with lived experience and other key stakeholders, such as employers and educational institutions, to grow a movement for change.
- We work with senior policy makers to call for a national, evidence-based cross governmental strategy to prevent mental ill-health problems.



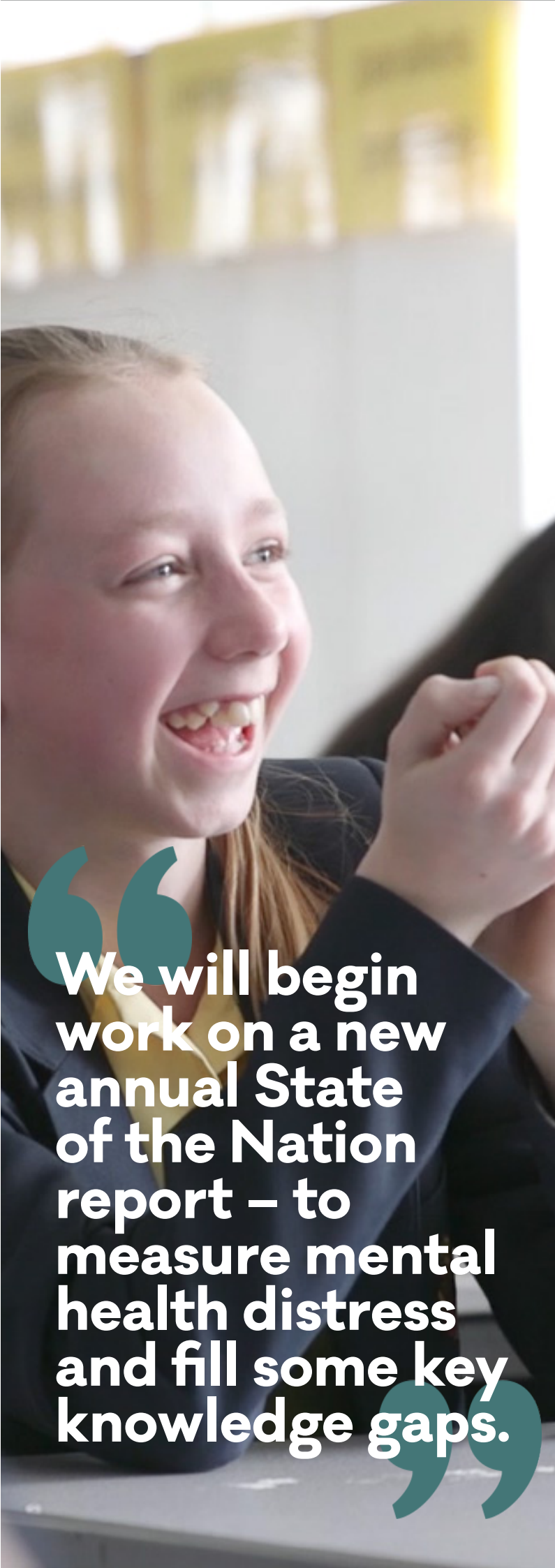
HOW DID WE DO AGAINST THESE OBJECTIVES OVER THE LAST YEAR (2017/2018) ?

1. Improving Our Understanding of How to Prevent Mental Health Problems

- We published a key report on the mental health of young women and girls in the UK which was widely publicised in the media.
- We worked internationally with Yale University, New York University, Ulm University and the Illinois Institute of Technology to develop our Citizenship Recovery Inclusion Stigma Participation project (CRISP).
- We commissioned research in conjunction with NatCen on

prevalence of mental health problems in the population – revealing two thirds of us have experienced a mental health problem. This received wide publicity during Mental Health Awareness Week and reached an audience of millions of people.

- We carried out research for Mental Health Awareness Week, to understand whether people in the UK feel that they are thriving or just surviving when it comes to mental health.
- We systematically assessed the effectiveness of interventions that aim to reduce depressive symptoms or diagnosis of depression in young people aged 18-25.



“We will begin work on a new annual State of the Nation report – to measure mental health distress and fill some key knowledge gaps.”

- We commissioned YouGov polling to understand how parents felt their children were coping when dealing with frightening reports on the news. This received wide publicity in the media.
- We carried out YouGov polling into loneliness among young people in Scotland which was used to inform our policy asks. This received wide coverage in the media.
- We surveyed GPs through our eMen project to understand how to increase access to good quality digital mental health resources.

Plans for the Year Going Forward

- We will begin work on a new annual State of the Nation report – designed to be a universally available tool to measure mental health distress and fill some key knowledge gaps.
- We will carry out the largest survey ever conducted into prevalence of stress in the UK population for Mental Health Awareness Week. We will publicise our findings to develop awareness.
- We plan to conduct a Delphi Study to develop an understanding of what works for individual mental health self-care and we will support national action to provide the best level of information and resources to the public.
- We plan to undertake a prevalence study of children and young people’s mental health in Northern Ireland in partnership with Queen’s University Belfast and Ulster University
- We will test the digital tool Moodbusters with Manchester clinical network in a study involving 400 participants.

CASE STUDIES

Case Study 1 - Young Mums Together

Young Mums Together is a three-year peer support programme to enhance maternal mental health. We helped organise weekly sessions aiming to help young mothers with some of the challenges that affect their mental health and the wellbeing of the whole family. This included trying to increase access to opportunities like work or study and to develop their confidence as parents and awareness of mental health issues they may encounter.

What Did We Achieve?

- We worked with 264 young mothers & 20 young fathers
- We reached the families of 312 babies and children
- We worked across four London boroughs
- Young mothers reported the programme had been effective in helping improve their mental health resilience, awareness and confidence





“Half of the pupils reported improved knowledge of mental health stigma”

2. Creating New Evidence-Based Solutions

- We produced an evidence-based resource for parents to support children through traumatic events. This has been used in the wake of Grenfell and internationally through the institute of health visitors
- We worked together with Nesta and the UK Government to shape the Inclusive Economy Partnership programme focusing on mental health in the workplace for low and middle-income families.
- We developed a toolkit with carers to promote mental health and wellbeing through peer support as a legacy to our Scottish carers project.
- We began to pilot a Thrive Community Training Programme focused on relationships in London built around a 1,000 community conversations across 16 boroughs.
- We worked alongside young people aged 11-18 with long term conditions to build evidence-based resources for use in schools and informal youth settings 'Stress Less'.

Plans for The Year Going Forward

- We will map the prevalence of the hate crime against people with learning disabilities and the availability of solutions across the UK.
- We will use our knowledge from the Refugees in Scotland project to advise



on a research project with Sheffield University to explore loneliness and isolation among refugees

- We will work with Refugees in Wales on an initial pilot to explore mental health support needs among refugees there. This is funded by British Red Cross.
- We will develop Welsh Joint Education Council Health and Social Care Qualification resources for young people. This will be embedded in the education curriculum.
- We will carry out research into women's mental health journey through perinatal services in Wales in partnership NSPCC, Mind Cymru and NCMH.
- We will bring our learning from the Scottish Mental Health Arts and Film Festival to other regions of the UK, with the intention of creating at least one city-based arts festival.
- We will create a pop-up mental health music festival model to be initially piloted in London.
- We will create a second concentrated Thriving Communities hub in partnership with West Midlands.

Case Study 2 - The Peer Education Project

Half of mental health problems are established by the age of 14. In this project we gave teachers the skills to recruit and train young people from Year 7 to be peer educators in their schools. By encouraging young people to take the lead in teaching their friends and classmates about mental health we ensured that more young people understand mental health. We also increased the likelihood they will be able to support their friends and seek help themselves when needed. The project is funded by Friends of the Foundation and Global's Make Some Noise and is now entering it's fourth year of delivery with plans to extend it into Scotland next year.

What did we achieve?

- The project reached more than 8,000 Year 7 pupils in one year
- 750 young educators were trained in 2017/18
- Half of the pupils reported improved knowledge of mental health stigma
- Engagement with the UK Government to spread the campaign wider



3. Making Practical Support Available

- Our Peer Education Project moved from a pilot phase into an implementation and testing phase and reached over 8,000 young people. It provided them with accessible information and guidance on improving their own mental health, with roll-out starting in Wales and further expansion planned in 2018/19.
- We produced a top-ten tips guide for parents on how to talk to their children about frightening events such as terrorism or climate change. This was widely reported by media and reached a potential audience of millions of people.
- We produced a top-tips guide for women who were at risk of being triggered or re-traumatised by media coverage of the #MeToo campaign in the lead up to International Women's Day. This was widely shared on social media and by partners including the Samaritans.
- We produced a top-ten tips guide on sleep and publicised it with the stunt of placing a bed on Parliament Hill overlooking London. This imagery and the accompanying advice was widely shared on social media.
- We developed Instagram as a channel to reach new audiences with practical advice on how to prevent mental health problems.
- We commissioned an animation on the theme of "Surviving or Thriving?" that was shared on social media platforms as part of mental health awareness week.
- We engaged large numbers of pupils in schools and employees in the workplace with See Me anti-stigma co-produced learning resources. This included 349 pupils participating in peer led workshops and 442 employees using the e-learning portal.
- As a legacy to Creating Connections we supported single parents as a newly established Community Interest Company to gain funding to support the development of the Independent Single Parents Wales.
- We co-hosted a range of International Initiative in Mental Health Leadership exchanges as part of the annual network meeting in Stockholm.
- We developed a new line manager mental health training product. This was implemented with Yorkshire Building Society, reaching over 400 people managers in the business.



- We developed and implemented a model of support for people affected by abuse or neglect whilst in care as part of the Future Pathways Alliance. We supported over 300 people in as part of this.

Plans for the Year Going Forward

- We will create wide-scale public awareness of how to prevent and manage stress through a media campaign. The campaign will include digital, online, print and broadcast media – and will include an animation, stress guides and the distribution of a stress-test linking to BeMindful courses.
- We will create an evidence-based approach to addressing loneliness and isolation for older people in Scotland.
- We will continue to use the media and social and digital channels to offer prevention advice around key moments such as World Mental Health Day.
- We will continue to develop innovative public health content – including animations, graphics, videos and celebrity campaigns to engage with as wide an audience as possible.
- We will work to increase the uptake of mindfulness including for higher risk groups such as the parents of children with learning disabilities, or people from Black and Minority Ethnic Communities and older people.
- We will work with care home providers and residential housing services to implement our peer support model 'Standing Together' in Wales.
- We will expand the Peer Education Project across the UK with first phase to reach more than 10,000 young people through workshops and more than 1,000 young people trained as peer facilitators.
- We will explore the relationship between physical activity and recovery through our Disability Research and Independent Living and Learning (DRILL) funded programme.
- Substantially increase our capacity to reach workplaces with evidence-based content and skills training.
- Following a successful pilot programme of Open Honest and Proud developed from our CRISP project, we have secured funding to roll out this approach to disclosure with healthcare providers and employers and to examine its utility amongst young people.

Case Study 3 - Refugees

The Mental Health Foundation plays a key role in the Scotland national refugee strategy. We led the health committee and completed peer research to understand how a human-rights based approach can lead to prevention of mental health problems and improve mental health generally.

We run programmes to empower refugees and asylum seekers in rural and urban areas of Scotland to better understand mental health and advocate for prevention and service improvements. We also lead a community development programme in Glasgow to promote empowerment and mental health – working with 30 asylum seekers in the first instance.

Our work has received international recognition with members presenting at conferences in Europe and the US.

Advocating for Change

- We ran for the first time in Scotland a number of successful campaigns including on loneliness, suicide prevention and workplace mental health.
- We published a report on women in mental health policy – *While Your Back Was Turned* – lobbying for greater representation of women’s mental health problems in Government Policy. The report received strong media coverage and has since been influential in the creation of mental health strategies for a range of political parties.
- We worked through the See Me in partnership with the Our Voice Scottish Citizen’s panel to explore perceived experiences of discrimination.
- We contributed as a member of the Mental Health Policy Group in England to a range of significant policy actions and discussions.
- We co-facilitated the first Westminster conference to highlight the urgent need for a Northern Ireland mental health strategy. We supported this with widespread media coverage



- We chaired the Scottish Government’s Refugee Integration Strategy group.
- We hosted the Voices of Experience, Welsh Forum and the Children and Young People’s Mental Health Coalition to support the amplification of a lived experience voice.
- We won a prestigious competitive grant with the peer research collective to undertake a peer research study on social inclusion which was presented at the World Psychiatric Association conference in Berlin. Our model of participatory research is being highlighted by universities and statutory agencies as excellent practice in equality.

Plans for the Year Going Forward

- We plan through the Mental Health Policy Group to prepare views and policy asks for the next phase of English mental health strategy beyond the current Five-Year Forward View for Mental Health.
- We will plan and deliver at least two public facing campaigns for specific change that will contribute to the prevention of mental health problems.
- We plan to create an eMen policy brief to guide evidence-based digital mental health commissioning.
- We will create a citizen engagement structure to guide the work of the Foundation.
- We will co-manage the Scottish anti-stigma programme with a focus on children and young people, workplace and health and social care settings.
- We will publish our report into mental health inequalities Leaving No-one Behind.
- We will produce recommendations to reduce stress through our Mental Health Awareness Week research and report
- We will run our 12th Scottish Mental Health Arts Festival in May creating a significant mental health awareness week arts event in Scotland.

Case Study 4 - See Me

The Mental Health Foundation has been a managing partner on the Scottish anti-stigma and programme See Me for four years. The programme is funded by Comic Relief and the Scottish Government and aims to create a social movement for change.

What did we achieve?

- The It's Ok not to be Okay campaign reached 700,000 people through social media.
- 349 pupils in schools participated in peer led workshops on mental health stigma.
- 442 employees participated in the See Me e-learning programme.
- 1,865 Walk-A-Mile participants used the opportunity to share conversation on mental health.



“1,865 Walk-A-Mile participants used the opportunity to share conversation on mental health.”

OUR APPROACH TO FUNDRAISING



"I know that the Mental Health Foundation transforms lives"
Roma, supporter of Mental Health Foundation

Supporters of the Mental Health Foundation are at the heart of who we are and what we achieve towards our vision of good mental health for all. We are grateful not just for all the support given, but also the trust that is being gifted to us with each donation we receive. Every donation is helping to transform lives. We would like to extend our thanks to the following for their support.

Royal Patron

HRH Princess Alexandra, The Hon Lady Ogilvy KG GCVO

Friends of the Foundation

Fiorella Massey (Chair)
Claire Beecham
Sindy Capln
Michaela Caraffa
Janie Critchley
Caroline Bettaney Cruddance
Georgina David
Cindy Dawood
Marianne De Giorgio
Mary Fitter
Kate Glick
Alison Goldberg
Fiona Grunschlag
Susan Heller

Candice Hurwitz
Vanessa Jossel
Marsha Lee
Jennifer Leigh
Maxine Leslau
Alison Lurie
Louise Nathanson
Riquita Newmark
Wendy Press
Francesca Tait

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

The 3Ts Charitable Trust	£15,000
Hugh and Mary Miller Bequest	£5,800
Martin Charitable Trust	£4,000
Scouloudi Foundation	£3,000
Ronald Miller Foundation	£1,750
White Oak Charitable Foundation	£1,200
Andrew Paton Charitable Trust	£1,000
John Swire 1989 Charitable Trust	£1,000
Rogers, Stirk, Harbour and Partners Charitable Foundation	£1,000

OUR APPROACH TO FUNDRAISING



Legators

We are grateful to all the people who chose to support the Foundation with a gift in their Will. We have listed below all the legacies where a cash amount or quantifiable notification of more than £10,000 was received during the year 2017/18.

Harold Borland	£973,800
Audrey Crook	£315,843
Brian Alner	£120,873
Gwendoline Smith	£114,622
Geoffrey Silverman	£113,522
Cecil Wilkins	£90,000
Mary Craddock-Jones	£75,602
Dorothy Lomas	£65,000
John Stewart	£57,666
Derek Woodman	£50,000
Bernard Remmelts	£50,000
Gwendolen Willard	£43,666
Janet Bowers	£35,000
Rose Hawke	£32,500
Dorothy Stringer	£25,182
Hanni De'at =h	£25,000
Jennifer Trew	£22,000
Mavis Brandon	£20,313
Andi Chambers	£18,000
Susan Waples	£15,199
Joyce Hallworth	£13,716
Dr Briess	£10,000
Jean Blair	£10,000

Corporate Supporters

Special thanks to our friends and supporters at Yogscast and Humble Bundle, PayPal & PayPal Giving Fund, UHY Hacker Young, Creditfix, Sainsbury's Group Commercial Division, Unfiltered Society, True Colours Video, Squire Patton Boggs and WebHelp.

We believe that charities are the link between supporters and beneficiaries, and that fundraising is all about the conversations we are having together, building lasting and mutually fruitful relationships. This year the Mental Health Foundation has been focusing fundraising on talking with people in the places they themselves are having conversations – for example on the street, online, at work or in their local communities. Our intention has been to bring people together who want to make a difference by supporting the Mental Health Foundation.

Highest Standards and Compliance

The Mental Health Foundation pays close attention to and complies with all fundraising regulation and best practice. We are committed to ensuring we uphold our duty of care to our supporters.

Effective regulation lies at the heart of this. The Fundraising and Communications Sub-committee of the board continues to have oversight



of our ethical policy and fundraising compliance.

We seek to uphold the highest standards of fundraising both of our staff and of the organisations who work on our behalf. We are members of the Fundraising Regulator and Institute of Fundraising as well as the Public Fundraising Operational Users Forum who oversee regulation of face-to-face activities. Effective whistle-blowing policies are in place to ensure any poor practice is reported. We monitor calls and train fundraisers about how to protect vulnerable people that they engage with, as well as having commercial participator agreements in place with corporate partners. Although we received no formal complaints this year, we are adapting the process to capture supporter concerns that don't necessarily become complaints. We recognise the importance of complying with data regulations while also ensuring we continue to innovate and invest for the future.

Public Fundraising

This year we have been testing new approaches to engaging with a wider audience and turning these conversations into meaningful actions. Our fundraisers talked to hundreds of people out on the street, becoming important ambassadors for the Foundation and recruiting new regular supporters with whom we can continue the conversation about good mental

health for all.

Community Fundraising

We saw a growth in income from our fundraising events. These brought people together in their communities to have fun and raise vital money by walking, running and eating, with a shared belief that no-one should face mental health problems alone. In January we launched a new fundraising initiative, Curry & Chaat. At the centre of its development was our belief that it is vitally important we connect with hard-to-reach audiences like men to challenge stigma alongside raising money.

Corporate Partnerships

Our corporate programme continued to grow in diversity and value. Growing attention towards mental health saw us nominated for charity of the year for a range of businesses. Creditfix, the Glasgow based insolvency practitioner have raised around £10,000 this year, after clients identified the key role mental health played in debt. Accountancy firm UHY Hacker Young raised over £15,000 across their UK offices, through a range of events designed to raise money, and increase the profile of mental health in the business. New charity of the year partnerships with Squire Patton Boggs LLP Manchester, WebHelp and Sainsbury's Group Commercial Division will increase the range of activities in 2018/9.



We were honoured to once again be selected as a beneficiary charity of The Yogcast Jingle Jam 2017. The Jingle Jam is a charity fundraising drive where games channel Yogscast bring together a bundle of exclusive games and content and gamers from across the world pay what they think it is worth, with all proceeds going to eight charities. In 2017 the Jingle Jam raised over \$6m for charity, with over £400k coming to the Foundation.

Joining the Movement

Thousands of people joined the movement to raise awareness for mental health by wearing one of our new green pin badges, hoping that just opening up one conversation with someone who wouldn't normally talk, may be helpful. We also continued to integrate our fundraising across our social platforms sharing our supporters' own stories about why they support the charity.

Digital Innovation

The Foundation was excited this year to be invited to participate in and benefit from the inaugural PayPal TurkeyDash. Eight Aardmann designed animated turkeys came together in a race on prime-time Channel 4, putting our name up there with well-known charities like the British Legion, Save the Children and RNLI, so giving us fantastic exposure and donations from new supporters. Digital

channels, such as Facebook, Instagram and Twitter enable us to connect and tell our story, bringing our fundraising closer to people every day.

The Mental Health Foundation is grateful for all the support it receives from a wide range of trusts, foundations, public bodies and other funders. This helps us to reach more vulnerable people and provide the tools that help build resilience for good mental health.

It is only with our supporters that the Mental Health Foundation can continue to help people to understand and take action on mental health. We continue to adhere to the following promises:

- To uphold the highest standards of fundraising practice
- To respect and protect 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 to rectify those mistakes

AMAZING

What Next?

We will develop and enhance our supporter journeys to make the experience as positive and rewarding as we can. We will drive forward innovation in fundraising and continue to explore new income streams building our supporter base for a secure future.

Spotlight on Supporters

Fiona Garwood tells us why she chose the Mental Health Foundation to support.

After I recovered from a long spell of depression during which I received electroconvulsive therapy, I decided to support a mental health charity and chose the Mental Health Foundation. This was for a number of reasons.

Principally, I was attracted by the Foundation's positive approach to mental health, rather than illness. I found the Foundation's range of work impressive. This includes, its focus on campaigning for changes in mental health policy and to tackle stigma. It also includes helping people living with

mental health problems through peer support groups.

As soon as I decided to do some fundraising, the Foundation's fundraising staff were very approachable, friendly, supportive and responsive to my requests for help. In early November 2017, a year after my discharge from hospital, my husband Richard and I held a fundraising event. We invited family and friends to an evening at one of Virgin Money lounges. We raised over £2k on the night, thanks to the generosity of the 60 family and friends who came to support us and our event.

We continue to fundraise for the Mental Health Foundation with our own 'Sport & Talk' fundraising events. But it was Curry & Chaat that really caught my attention, as it seemed like the perfect event for our local community fundraiser. Everyone enjoyed the curries, the 'chaat' and rides in another neighbour's vintage car. I can't believe that together we raised over £400.

We all had a lot of fun and it brought our small community together.

28,078

Direct debit gifts received

4,361

Green pin badges sold

You're Amazing!

The Mental Health Foundation relies on the support we receive from thousands of individuals who support our life-changing work in many valuable ways or have joined the movement helping spread the message that good mental health is for all. You are amazing. Thank You.

4,359

Cash gifts donated

904

Community events and challenges that raised money

FINANCIAL REVIEW



Financial Results for the Year Ended 31 March 2018

The Foundation recorded an unrestricted surplus of £666k compared to £147k the previous year.

This increase is due to a combination of an unusually large legacy. In addition, the Foundation is reporting a **£232k surplus for the year** on its restricted funds compared to a £35k deficit the previous year, representing project-specific funding received in advance.

Total income for the year was £5.8m, which was £1.1m higher than the previous year due to the Harold Borland legacy (£1.0m).

In the current financial year we will be accounting for an even larger legacy of £3.5m from the estate of Stephen Schick. Generally, legacy income 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, means that the Foundation can realistically assume legacy income of around £1m year before any unusually large legacies.

Total resources expended at £4.9m was £318k higher than in 2016/17

due primarily to an increase in our information, education, dissemination and advisory services programme (£320k), which is a result of an increase to a full staffing complement for our Communications Team, additional expenditure on Mental Health Awareness Week, investment in a number of Thrive pilot projects to prepare for investment of the Schick legacy in 2018/19 and beyond plus expenditure on the European Funded EMEN project.

On the balance sheet, debtors have increased by £894k due to legacy accruals (+£810k). Creditors have increased by £237k due to the omission of any deferred income or expenditure accruals for the previous year's accounts (£198k). The total surplus for the year, less the net movement in debtors and creditors results in a £189k increase in cash balances.

The total net assets of £2.7m are represented by General funds of £1.9m, Restricted Funds of £0.8m and permanent endowment funds of £40k, which are invested and held indefinitely by the charity.

Restricted Funds 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.

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.

As noted above, the level of general reserves at 31st March 2018 was £1.9m. This represents 7.2 months of unrestricted expenditure (up from 5.3 months last year). The trustees estimate that the charity's reserves should be no less than 3 months expenditure and therefore these are a more than adequate level of reserves.

However, 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 2018 the amount of such notifications that had not yet been received in cash was £1.4m, including £203k brought forward from 31 March 2017.

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

As a result, in addition to a target of minimum reserves the trustees have decided to set a target level of cash reserves equal to at least 2 months' total expenditure based on liquid funds available for immediate use.

At 31 March 2018 the charity held £1.2m of cash and current assets investments which is 3.0 months of total annual expenditure which is an appropriate level of cash balances.

STRUCTURE, GOVERNANCE AND MANAGEMENT



During the year the Board conducted a review of the Foundation's governance procedures to ensure that we live up to the new standards set by the Charities Commission.

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).

On 22nd March 2018 the Annual General Meeting approved new Articles of Association to meet current Company and Charity Law requirements and to provide the appropriate legal framework for the Foundation's activity.

Members' Liability

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

Trustees

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

three-year term and may be re-elected for a further two three-year periods. In exceptional circumstances the Board may resolve that a Trustee may serve one further term of a maximum of three years. At any one time there must be a minimum of 3 trustees.

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.

Trustee Meetings

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



Statement of Trustees' Responsibilities

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

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.
- 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.
- The trustee has taken all the steps that he/she ought to have taken as a trustee in order to make himself/herself aware of any relevant audit information and to establish that the charitable company's auditor is aware of that information.



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

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website.

Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Management Arrangements

The Trustees delegate the management of the Foundation to the staff team led by the Chief Executive and the Senior Management Team. Following the departure of the previous Chief Executive at the start of 2018 the Trustees have put in place an interim management arrangement.

The Senior Management Team, comprising of the Director of Finance and Resources, the Director of Development and Delivery and the Director of Fundraising and Communications are operating a pooled leadership model, while the Board recruits to the Chief Executive position.

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.

The Foundation is a signatory 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.

The Foundation implemented a new pay and benefits system in 2016 which provides a clear structure for salaries for new appointments and for salary progression for existing staff.

Pension Arrangements

The Foundation operates a non-contributory individual money-purchase scheme for all eligible members of staff, contributing 10% of pensionable salary to each employee's fund.

Employees can additionally choose to make employee contributions to their pension. The scheme is fully compliant with auto-enrolment regulations.

Project Delivery

Projects are delivered through a combination of in-house and external research, practice development, publications and other dissemination activities. Projects are supported by advisory committees of experts, if required.

The Foundation has well-developed links with central Government, the Scottish and Welsh Governments, health, local government, housing and social services bodies across the United Kingdom, as

well as professional bodies, academic research centres and voluntary sector organisations. It is committed to partnership work wherever this will maximise effectiveness and impact.

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

Risk Management

The Senior Management Team takes the lead in reviewing the key risks facing the Mental Health Foundation on a quarterly basis 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 at each meeting of the Finance & Resources Committee, and amended for changes



regarding risks, mitigating controls and actions.

The principal risks facing the organisation, which we have defined as being those with potentially the greatest impact should they occur, are:

- Funders lose confidence in the charity's stewardship and withdraw support. Other funders become wary of pledging support.
- Reputational damage of not achieving or having to radically change strategic plans.
- Vulnerable person is exploited or harmed, charity loses reputation.
- The charity has insufficient funds to meet its liabilities and becomes insolvent.

The plans and strategies for managing these risks are:

- Regular grant reporting and management to keep donors up to speed. Contact with funders is undertaken by suitably qualified staff; records are maintained of past communications as a context for ongoing communication.
- Regular review by the Senior Management Team, Development and Delivery Committee and Board of Trustees of progress against the strategic plans.

- Clear identification of internal and external risks and issues as they arise and flexibility of approach.
- Careful Communications strategy with contingency arrangements.
- A new Safeguarding Policy was approved by the Board during the year.
- We have a designated Safeguarding Officer who has responsibility for ensuring all staff who have contact with vulnerable adults and children are aware of their responsibility under the policy and the law.
- The charity has a broad range of income sources and the likelihood of running out of cash is low given that our cash balance was £1.2m at 31 March 2018 and we have been notified of a very large legacy to be received during 2018/19.

Of the principal risks listed last year:

- The charity moved its IT infrastructure to the Cloud during the year.
- The charity has address the requirements of the General Data Protection Regulations (GDPR) and the Fundraising Regulator.
- Staff turnover remains high but the charity has been successful in



recruiting some very strong new staff members.

- 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

INDEPENDENT AUDITOR'S REPORT



Opinion

We have audited the financial statements of Mental Health Foundation (the 'charitable company') for the year ended 31 March 2018 which comprise the statement of financial activities, the balance sheet, and statement of cash flows, the principal accounting policies and the notes to the financial statements.

The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- Give a true and fair view of the state of the charitable company's affairs as at 31 March 2018 and of its income and expenditure for the year then ended.
- Have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice.
- Have been prepared in accordance with the requirements of the Companies Act 2006, the Charities

and Trustee Investment (Scotland) Act 2005 and regulation 8 of the Charities Accounts (Scotland) Regulations 2006 (as amended).

Basis for Opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law.

Our responsibilities under those standards are further described in the auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements.

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

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

- The trustees' use of the going concern basis of accounting in the preparation of the financial statements is not appropriat



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

Other Information

The trustees are responsible for the other information. The other information comprises the information included in the annual report and financial statements, other than the financial statements and our auditor's report thereon.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated.

If we identify such material

inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard. Opinions on other matters prescribed by the Companies Act 2006.

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

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

Matters on Which we Are Required to Report by Exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the trustees' report.



We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 and the Charities Accounts (Scotland) Regulations 2006 (as amended) requires us to report to you if, in our opinion: adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us:

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

Responsibilities of Trustees

As explained more fully in the trustees' responsibilities statement, the trustees are responsible for the preparation of the financial statements and for being

satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

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

Auditor's Responsibilities for the Audit of the Financial Statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion.

Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists.

Misstatements can arise from fraud or error and are considered material



if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilities.

This description forms part of our auditor's report.

Use of our Report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006 and to the charity's trustees as a body, in accordance with Section 44(1)(c) of the Charities and Trustee Investment (Scotland) Act 2005 and Regulation 10 of the Charities Accounts (Scotland) Regulations 2006.

Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose.

To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's

members as a body, for our audit work, for this report, or for the opinions we have formed.

Amanda Francis (Senior Statutory Auditor)

For and on behalf of Buzzacott LLP,
Statutory Auditor
130 Wood Street
London
EC2V 6DLv

STATEMENT OF FINANCIAL ACTIVITIES



INCOME AND EXPENDITURE ACCOUNT - YEAR TO 31 MARCH 2018

	Notes	Unrestricted Funds £	Restricted Funds £	Permanent Endowment Funds £	Total 2018 Funds £	Total 2017 Funds £
Income From:						
Donations	1	1,286,427	54,792	—	1,341,219	1,546,800
Legacies	2	1,823,090	436,716	—	2,259,806	857,900
Fundraising events	3	489,410	—	—	489,410	320,626
Investments	4	1,108	—	20	1,128	1,830
Charitable activities						5
- Statutory grants receivable		—	318,960	—	318,960	237,916
- Other grants		—	1,133,187	—	1,133,187	1,476,528
- Charitable trading activities		243,607	—	—	243,607	241,830
Total Income		3,843,642	1,943,655	20	5,787,317	4,683,430
Expenditure On:						
Raising funds	6	969,969	—	—	969,969	863,975
Charitable activities	7					
- Mental Health Programmes		1,146,737	1,573,335	—	2,720,072	2,643,717
- FPLD		60,838	77,316	—	138,154	322,027
- Information, education, dissemination and advisory services programme		1,000,357	60,888	—	1,061,245	741,445
Total Expenditure		3,177,901	1,711,539	—	4,889,440	4,571,164
Net income and net movement in funds	10	665,741	232,116	20	897,877	112,266
Reconciliation of Funds:						
Funds brought forward at 1 April 2017		1,233,500	522,621	44,778	1,800,899	1,688,633
Funds carried forward at 31 March 2018		1,899,241	754,737	44,798	2,698,776	1,800,899

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

FINANCIAL STATEMENTS



BALANCE SHEET - 31 MARCH 2018

	Notes	2018 £	2018 £	2017 £	2017 £
Fixed Assets					
Tangible assets	14		—		—
Investments	15		44,798		396,685
			44,798		396,685
Current Assets					
Debtors	16	1,914,009		1,020,015	
Investments	15	402,822		—	
Cash at bank and in hand		816,197		626,739	
		3,133,028		1,646,754	
Liabilities					
Creditors: amounts falling due within one year	17	-479,049		-242,540	
Net current assets			2,653,979		1,404,214
Total Net Assets			2,698,776		1,800,899
Represented by: Funds and Reserves					
Income Funds					
Unrestricted funds General funds			1,899,241		1,233,500
Restricted funds	18		754,737		522,621
			2,653,978		1,756,121
Capital Funds					
Permanent endowment funds	19		44,798		44,778
			2,698,776		1,800,899

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 - 31 MARCH 2018

	Notes	2018 £	2017 £
Cash flows from operating activities:			
Net cash provided by operating activities	A	239,265	111,784
Cash flows from investing activities:			
Investment income received		1,128	1,870
Decrease / (increase) in fixed assets		351,887	-1,530
Net cash provided by investing activities		353,015	1,870
Change in cash and cash equivalents in the year		592,280	112,123
Cash and cash equivalents at 1 April 2017	B	626,739	514,616
Cash and cash equivalents at 31 March 2018	B	1,219,018	626,739

NOTES TO THE STATEMENT OF CASH FLOWS - 31 MARCH 2018

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

	2018 £	2017 £
Net movement in funds (as per the statement of financial activities)	897,877	112,266
Adjustments for:		
Depreciation charge	—	1,186
Interest receivable	-1,128	-339
Investment income receivable	—	-1,530
(Decrease) increase in debtors	-893,994	76,592
Increase (decrease) in creditors	236,509	(76,391)

B - Analysis of cash and cash equivalents

	2018 £	2017 £
Total cash and cash equivalents: Cash at bank and in hand	1,219,018	626,739

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 2018 with comparative information provided in respect to the year to 31 March 2017. 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.

Income Recognition (continued)

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 2018 £	Total 2017 £
Total Funds 2018	1,286,427	54,792	—	1,341,219	1,546,800
Total Funds 2017	1,521,600	25,200	—	1,546,800	—

In the second half of the year the Foundation entered a new corporate partnership with Dentons UK and Middle East LLP as part of which Dentons provided pro-bono legal advice with a value of £3,710.

The charity received no donations from Trustees during the year (2017 - £nil).

2. Income From: Legacies

	Unrestricted Funds £	Restricted Funds £	Permanent Endowment Funds £	Total 2018 £	Total 2017 £
Total Funds 2018	1,823,090	436,716	—	2,259,806	857,900
Total Funds 2017	857,900	—	—	857,900	—

3. Income From: Fundraising Events

	Unrestricted Funds £	Restricted Funds £	Permanent Endowment Funds £	Total 2018 £	Total 2017 £
Total Funds 2018	489,410	—	—	489,410	320,626
Total Funds 2017	320,626	—	—	320,626	—

NOTES TO THE FINANCIAL STATEMENTS



4. Income From: Investments

	Unrestricted Funds £	Restricted Funds £	Permanent Endowment Funds £	Total 2018 £	Total 2017 £
Total Funds 2018	489,410	—	—	489,410	320,626
Total Funds 2017	320,626	—	—	320,626	—

5. Income From: Charitable Activities

	Unrestricted Funds £	Restricted Funds £	Permanent Endowment Funds £	Total 2018 £	Total 2017 £
Statutory Grants					
- Scottish Government	—	291,970	—	291,970	210,926
- Welsh Government	—	26,990	—	26,990	26,990
Other Grants (See Below)	—	1,133,187	—	1,133,187	1,476,528
Charitable Trading	243,607	—	—	243,607	241,830
Total Funds 2018	243,607	1,452,147	—	1,695,754	1,956,274
Total Funds 2017	241,830	1,714,444	—	1,956,274	—



5. Income From: Charitable Activities (Continued)

Other Grants Comprise:	Total 2018 £
Gail Aldam (Scottish Film Festival)	933
Big Lottery Fund England – Reaching Communities (Self-help & Isolation)	61,435
Big Lottery Fund England – Reaching Communities (Young Mums Together)	74,248
Big Lottery Fund England – Reaching Communities (Babies in Mind)	146,027
Action in Mind (Peer Support for Carers)	3,000
Lady Eda Jardine Trust	2,00
Big Lottery Scotland (My Voice)	55,243
Big Lottery UK (Drill)	11,970
Comic Relief (Children & Young People’s Mental Health)	5,000
Charlie Waller Memorial Trust (Children & Young People’s Mental Health)	5,000
Charity Project – October 2017 (Children & Young People’s Mental Health)	5,000
Constance Travis Charitable Trust (Peer Education)	10,000
Creative Scotland(Scottish Film Festival)	25,500
D’Oyly Charitable Trust (Scottish Film Festival)	3,500
Dykebar Hospital (Scottish Film Festival)	2,500
Esmee Fairbairn (What Works)	18,146
European Commission (Emen)	36,900
Health and Social care Alliance (U-can)	43,423



Other Grants Comprise (Continued):	Total 2018 £
Lanarkshire Association for Mental Health (Scottish Film Festival)	500
Mason Charity Foundation (Employers Guide)	19,686
Maternal Mental Health Alliance (MMHA)	1,200
NHS City Community Health (Scottish Film Festival)	4,500
Paul Hamlyn Foundation (Coalition for Change)	30,000
Peoples’ Postcode Lottery (Scottish Film Festival)	5,745
Renfrewshire Council (Scottish Film Festival)	5,000
Scottish Association for Mental Health (Stigma and Discrimination)	120,000
Scottish Association for Mental Health (Scottish Film Festival)	20,000
Scottish Association for Mental Health (Art & Stigma)	20,000
Scottish Recovery Network (Scottish Film Festival)	5,000
Scottish Refugee Council (HOP)	9,400
Tjx UK Foundation (Scottish Film Festival)	1,000
Zurich Community Trust (Children & Young People’s Mental Health)	25,757
University of Warwick (Euripides)	31,732
University of Warwick (Encore)	1,440
Visit Scotland (Scottish Film Festival)	34,000
Voluntary Action (Refugee HPG)	6,250
Total other grants	1,133,187



5. Income From: Charitable Activities (Continued)

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

	Unrestricted Funds £	Restricted Funds £	Total 2018 £	Total 2017 £
Mental Health Programmes	—	1,115,041	1,115,041	1,350,528
FPLD	—	18,146	18,146	126,000
Total Funds 2018	—	1,133,187	1,133,187	1,476,528
Total Funds 2017	—	1,476,528	1,476,528	—

Statutory grants receivable comprise:

	Unrestricted funds £	Restricted funds £	Total 2018 £	Total 2017 £
Scottish Government				
VoX	—	115,000	115,000	115,000
Refugee HPG	—	26,989	26,989	—
Musawa	—	39,314	39,314	39,076
Carers Peer Potential	—	68,094	68,094	56,850
U-Can	—	42,573	42,573	—
	—	291,970	291,970	210,926
Welsh Government				
Service User Forum	—	26,990	26,990	26,990
Total Funds 2018	—	318,960	318,960	237,916
Total Funds 2017	—	237,916	237,916	—



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:

	2018 £
The 3Ts Charitable Trust	15,000
Hugh and Mary Miller Bequest	5,800

6. Expenditure on raising funds

	Unrestricted Funds £	Restricted Funds £	Permanent Endowment Funds £	Total 2018 £	Total 2017 £
Total 2018: General Fundraising (Including Staff Costs)	969,969	—	—	969,969	863,975
Total Funds 2017	863,975	—	—	863,975	—



7. Charitable Activities

	Direct Costs £	Support Costs (Note 9) £	Total 2018 £	Total 2017 £
Mental Health Programmes	2,191,691	528,381	2,720,072	2,643,717
FPLD	113,508	24,646	138,154	322,027
Information, education, dissemination and advisory services programme	866,484	194,761	1,061,245	741,445
Total Funds 2018	3,171,683	747,788	3,919,471	3,707,189
Total Funds 2017	3,091,861	615,328	3,707,189	—

	Staff Costs £	Other Costs £	Total 2018 £	Total 2017 £
Direct costs included above comprise:				
Mental Health Programmes	1,215,001	976,690	2,191,691	2,233,498
FPLD	82,032	31,476	113,508	248,774
Information, education, dissemination and advisory services programme	503,117	363,366	866,484	609,589
Total Funds 2018	1,800,151	1,367,146	3,171,683	3,091,861
Total Funds 2017	1,790,665	1,301,196	3,091,861	—

At 31 March 2018 the charity had no commitments in respect to future grants (2017 – None).



8. Government Costs

	Unrestricted Funds £	Restricted Funds £	Permanent Endowment Funds £	Total 2018 £	Total 2017 £
Legal and Professional Fees	13,800	—	—	13,800	14,750
Trustees' Expenses and Other Trustee Related Costs	2,718	—	—	2,718	2,616
Total Governance Costs 2018	16,518	—	—	16,518	17,336
Total Governance Costs 2017	17,366	—	—	17,336	—

9. Support Costs

	London Office £	IT £	Finance £	Human Resources £	Total 2018 £
Costs of Raising Funds	93,161	16,423	30,783	14,120	154,487
Mental Health Programmes	318,631	56,172	105,284	48,293	528,381
FLDP	14,862	2,620	4,911	2,253	24,646
Information, Education, Dissemination and Advisory Services Programme	117,448	20,705	38,808	17,801	194,761
	544,101	95,921	179,786	82,467	902,275

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 and Net Movement in Funds

At 31 March 2018 the charity had no commitments in respect to future grants (2017 – None).

	Total 2018 £	Total 2017 £
Staff Costs (Note 11)	2,640,976	2,589,191
Depreciation	—	1,186
Auditor's Remuneration		
- Audit	13,800	14,000
- Other Services (Payroll Outsourcing)	—	7,177
- Other services (HR Consultancy Services)	5,400	—
Operating Lease Rentals		
- Land and Buildings	125,151	132,102
Equipment	17,856	19,686

11. Staff Costs

	Total 2018 £	Total 2017 £
Staff costs during the year were as follows:		
- Wages and Salaries	2,223,209	2,178,386
Social security costs	226,540	209,778
Other pension costs	185,530	189,454
	2,635,279	2,577,618
Agency and Temporary Staff	5,697	11,573
	2,640,976	2,589,191



The average monthly number of employees (including temporary staff) during the year was 68 (2017 – 69).

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:

	2018 No.	2017 No.
£60,000 - £70,000	1	2
£70,000 - £80,000	2	—
£80,000 - £90,000	—	1
£101,000 - £110,000	1	—

Employer contributions made to a money purchase scheme in respect of the above employees during the year amounted to £37,026 (2017 - £23,446).

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 £396,784 (2017 - £275,976).



12. Trustees' Remuneration and Expenses

No Trustee received any remuneration in respect of their services as a trustee during the year (2017 - £Nil).

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

	2018		2017	
	No of Trustees	Aggregate Amount £	No of Trustees	Aggregate Amount £
Travel, Expenses And Other	4	2,183	5	2,616

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 £2,755 (2017 - £2,910) and provided cover of £1,000,000 (2017 - £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 £
Cost	
At 1 April 2017 and at 31 March 2018	233,161
Depreciation	
At 1 April 2017	233,161
Change for the Year	—
At 31 March 2018	233,161
Net Book Values	
At 31 March 2018	—
At 31 March 2017	—

**15. Investments**

	Unlisted Investments £	Cash Deposits £	2018 Total £
Fixed Asset Investments			
At 1 April 2017	73	396,612	396,685
Transfer to Current Asset Investments	—	(351,887)	(351,887)
At 31 March 2018	73	44,725	44,798
Current Asset Investments			
At 1 April 2017	—	—	—
Transfer From Fixed Asset Investments	—	351,887	351,814
Net Additions in the Year	—	50,000	50,000
Interest Reinvested	—	934	914
At 31 March 2018	—	402,822	402,822

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 2018.

**16. Debtors**

	2018 £	2017 £
Charitable Trading Debtors and Grants Receivable	304,055	210,037
Prepayments	114,573	134,906
Other Debtors	66,666	57,218
Legacy notifications	1,428,216	617,854
	1,914,009	1,020,015

17. Creditors: Amounts Falling Due Within One Year

	2018 £	2017 £
Expense Creditors	136,128	104,606
Other Creditors	130,921	123,184
Service Delivery Deferred Income	97,119	—
Accruals	114,881	14,750
	479,049	



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 01-Apr 2017 £	Income £	Expenditure £	At 31-Mar 2018 £
BLF England Reaching Communities (When I Grow Up)	61	—	-61	—
BLF England Reaching Communities (Self-help and Isolation)	30,156	78,094	-90,568	17,682
BLF England Reaching Communities (Young Mums Together)	37,720	74,249	-102,464	9,505
BLF England Reaching Communities (Mums and Babies in Mind)	93,624	153,151	-210,469	36,306
BLF Scotland Investing in Communities (Peer Support for Carers)	32,632	5,000	-33,519	4,113
BLF Wales People and Places (Creating Connections)	4,042	—	-6,085	-2,043
BLF Wales People and Places (Parc Prison)	12,423	—	-8,583	3,840
Health Education England (Through Each Other's Eyes)	1,386	—	-2,299	-913
E-Men (European Commission)	—	36,900	-59,011	-22,111
My Voice (Sawti)	29,653	55,243	-43,428	41,468
Mental health and cancer	10,000	—	-7,603	2,397
U Can	43,725	85,996	-86,496	43,225



18. Restricted Funds (Continued)

	At 01-Apr 2017 £	Income £	Expenditure £	At 31-Mar 2018 £
Stigma and Discrimination (SAMH)	—	120,000	-105,393	14,607
Scottish Recovery Network (HOP)	—	9,400	—	9,400
Arts & Stigma	—	20,000	-7,975	12,025
Scottish Government via Voluntary Action Fund / Awards for All Scotland / Hugh Fraser Foundation / Scottish Episcopal Church (Refugee HPG)	—	34,739	-13,293	21,446
Citizenship, Recovery and Inclusive Societies Partnership (CRISP)	78	—	-1,945	-1,867
Survivors (Health in Mind)	—	221,965	-190,864	31,101
What Works	45,957	18,146	-42,673	21,430
Coalition	55,802	83,490	-60,344	78,948
Employers' Guide	6,674	19,686	-20,438	5,922
Research prize fund	7,000	—	—	7,000
Maternal Mental Health Alliance	4,666	1,200	-336	5,530
Other restricted funds	107,022	926,396	-617,692	415,726
	522,621	1,943,655	-1,711,539	754,737



18. Restricted Funds (Continued)

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.



18. Restricted Funds (Continued)

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.

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.



18. Restricted Funds (Continued)

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 2017 £	Additions £	At 31 March 2018 £
Wilke Fund	12,093	—	12,093
Lander Fund	32,685	20	32,705
	44,778	20	44,798

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	—	—	—	—
Fixed Asset Investments	—	—	44,798	44,798
Net Current Assets	1,899,242	754,737	—	2,653,979
	1,899,242	754,737	44,798	2,698,776

21. Operating Lease Commitments

At 31 March 2018 the charity had the following total minimum lease payments under non-cancellable operating leases:

	Land and Buildings		Other	
	2018 £	2017 £	2018 £	2017 £
Operating Leases Which Expire:				
- Within One Year	65,200	65,200	18,336	17,856
- After One But Within Two Years	29,000	29,000	17,644	17,921
- After Two But Within Five Years	2,417	31,417	16,476	16,515
	96,617	125,617	52,456	52,292



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 [@mentalhealth](https://twitter.com/mentalhealth)

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London Office:
Mental Health Foundation
Colechurch House
1 London Bridge Walk
London SE1 2SX

Glasgow Office:
Mental Health Foundation
Merchants House
30 George Square
Glasgow G2 1EG

Cardiff Office:
Mental Health Foundation
Castle Court
6 Cathedral Road
Cardiff, CF11 9LJ