

Changing minds Changing lives

Annual Review 13/14





Annual Report and Financial Statements

31 March 2014

Company Limited by Guarantee
Registration Number
02350846 (England and Wales)

Charity Registration Numbers
801130 (England and Wales)
SC 039714 (Scotland)

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

Patron	HRH Princess Alexandra The Hon Lady Ogilvy KG GCVO
Trustees	Dr Steve Beyer Douglas Blausten Kyla Brand Paul Hodgkinson Karen Jackson Professor David Kingdon Kay Laurie Keith Leslie (Chair) Harry MacAuslan Catherine McLoughlin CBE Diane Moore James O'Leary Stephen Park (Honorary Treasurer) Adrian Stott
Secretary	Jennifer Edwards CBE
President	Professor Dinesh Bhugra CBE
Vice Presidents	Lord Dholakia OBE JP Lady Euston Tessa Baring CBE Robert Loder CBE Sir Neville Macready Bt. CBE David Sachon Charles Walsh Mike Wilson
Chief Executive	Jennifer Edwards CBE
Registered and principal office	Colechurch House 1 London Bridge Walk London SE1 2SX
Company registration number	2350846 (England and Wales)

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

Charity registration numbers

England and Wales

801130

Scotland

SC 039714

Auditor

Buzzacott LLP
130 Wood Street
London
EC2V 6DL

Bankers

Coutts & Co
440 Strand
London
WC2R 0QS

Investment managers

CCLA Investment Management Ltd
COIF Charity Funds
Senator House
85 Queen Victoria Street
London
EC4V 4ET

Solicitors

Bates Wells Braithwaite
2-6 Cannon Street
London
EC4 6YH

The Trustees present their statutory report together with the financial statements of the Mental Health Foundation (the "Foundation") for the year ended 31 March 2014.

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

The financial statements have been prepared in accordance with the accounting policies set out on pages 36 and 37 of the attached financial statements and comply with the charitable company's memorandum and articles of association, applicable laws and the requirements of the Statement of Recommended Practice on "Accounting and Reporting by Charities" issued in March 2005.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Constitution

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

Members' liability

In the event of the charitable company being wound up during the period of membership or within the year following, company members are required to contribute an amount not exceeding £10.

Trustee appointment and recruitment

The appointment of Trustees is recommended by the Appointments Committee and finally determined by the Board as a whole. New Trustees are sought through a number of different routes and initial interviews are conducted by the Chair and Chief Executive. From time to time Trustee posts may be advertised. An annual skills audit is carried out for Trustees and this is used to identify gaps in the collective experience and knowledge of the board.

Induction and training of Trustees

New Trustees' induction is carried out by the Chief Executive and they are invited to spend time with any Department of the Foundation in which they are interested. In addition, they undergo a collective annual self-appraisal together with the skills audit. Training is provided as required.

Project delivery by the charity

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, housing and social services agencies 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.

STRUCTURE, GOVERNANCE AND MANAGEMENT (continued)

The Trustees

The Trustees constitute directors of the charitable company for the purposes of the Companies Act 2006.

Trustees are elected by company members at the Annual General Meeting. Each trustee serves for a period of three years and may be re-elected for a second three-year period. At any one time there must be a minimum of 10 Trustees and a maximum of 30.

The following Trustees were in office up to the date of signing the financial statements and served throughout the year except where shown:

Trustees	Appointed/ Resigned
Dr Stephen Beyer	
Professor Dinesh Bhugra CBE (Chair)	Resigned July 2014
Douglas Blausten	
Kyla Brand	Appointed January 2014
Matthew Cooper	Resigned November 2013
Paul Hodgkinson *	Appointed July 2013
Karen Jackson	Appointed July 2014
Professor David Kingdon	Appointed July 2013
Kay Laurie	
Keith Leslie (Chair)*	
Harry MacAuslan	
Catherine McLoughlin CBE	
Diane Moore *	
James O'Leary	
Stephen Park	Appointed July 2014
Adrian Stott	Appointed July 2013
Aniekan Umoren	Resigned July 2014

*Denotes membership of the Finance and Investment Committee, which is a sub-committee of the Board of Trustees.

No Trustee received any remuneration during the year (2013 – £nil). Expenses totalling £2,320 (2013 - £742) were reimbursed to, or paid on behalf of, 3 (2013 – 3) Trustees during the year.

No Trustee had any beneficial interest in any contract with the Foundation during the year.

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 the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

STRUCTURE, GOVERNANCE AND MANAGEMENT (continued)

Statement of Trustees' responsibilities (continued)

Company law requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charity 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 the Statement of Recommended Practice (Accounting and Reporting by Charities) (the Charities' SORP);
- ◆ make judgments and estimates that are reasonable and prudent;
- ◆ state whether applicable United Kingdom Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- ◆ prepare the financial statements on a going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The Trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees are responsible for the maintenance and integrity of financial information included on the charity's website. Legislation in the United Kingdom governing the preparation and dissemination of accounts may differ from legislation in other jurisdictions.

Each of the Trustees confirms that:

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

STRUCTURE, GOVERNANCE AND MANAGEMENT (continued)

Senior executives

Jennifer Edwards CBE	Chief Executive
Isabella Goldie	Director of Programmes and Delivery
Matthew Sousa	Director of External Affairs
Colin Simonds FCA	Interim Finance Director

Employment policy

The Mental Health Foundation aims to ensure that it is an equal opportunities employer and applies objective criteria to assess merit. It aims to ensure 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.

Pension arrangements

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

Connected charities and related parties

The Foundation has working relationships with a multiplicity of organisations, as described in 'Activities'. These are selected in order to add value to the nature and content of the programmes as effectively as possible.

Risk management

The Trustees regularly assess the major risks to which the charity is exposed through use of a risk register. Particular attention is paid to those risks relating to specific operational areas of the Foundation and its finances.

OBJECTIVES AND ACTIVITIES

Objectives

The Mental Health Foundation is one of the UK's leading charities working to promote good mental health and to improve the lives of people affected by mental health problems or learning disabilities. The Foundation's vision is "To help us all live mentally healthier lives" and (through the Foundation for People with Learning Disabilities (FPLD) which forms part of the Mental Health Foundation) "To help people with learning disabilities live their life to the full". Its mission is "We put research into practice to help people survive, recover from and prevent mental health problems".

OBJECTIVES AND ACTIVITIES (continued)

Objectives (continued)

The strategic objectives of the Mental Health Foundation are:

Objective 1: The Foundation will work to make mental health a core issue in the UK by

- a) helping people to understand mental health and learning disabilities and challenging stigma;
- b) advocating mental health as being a key part of wider agendas (e.g. workplace, education);
- c) growing the amount and quality of mental health research at the Foundation and elsewhere.

Objective 2: The Foundation will work to improve services and community support for people with learning disabilities and people with mental health problems. Within this we will prioritise groups that have been neglected (e.g. young people, older people, carers/family carers, people from diverse communities) by policy and practice.

In addition, it aims to sustain its development through excellent management and high quality fundraising and support services. The Trustees are conscious that the Charities Act 2011 emphasises the requirement that all charities of every kind must be able to demonstrate that their work is of direct benefit to the public. The Trustees have considered the guidance on public benefit issued by the Charity Commission and believe that the aims of the charity and the activities that it provides are demonstrably of public benefit.

Activities

The activities of the Foundation are as follows:

- ◆ research and evaluation that identifies and explores issues in the mental health and learning disability fields;
- ◆ developing new models of practice, or helping roll out promising new models, in the mental health and learning disability fields;
- ◆ dissemination of research, good practice and service improvement work, in order to influence service providers, communities and public agencies in all parts of the UK and to develop appropriate policy and effective practice on the basis of the best available evidence;
- ◆ providing information on mental health and learning disabilities for professionals and the general public;
- ◆ providing education, training, analytic or policy materials and development support for those who work with people with mental health problems and learning disabilities; and
- ◆ providing support to enable service providers and commissioners to implement good practice.

FUTURE PLANS 2014-15

We will strengthen our focus on work that demonstrates prevention of and early intervention in mental health problems and which uses empowerment, self management and peer support to enable people with the greatest vulnerabilities to manage their mental health and wellbeing.

As a charity focused on public mental health we will continue to research and identify new approaches to "proportionate universalism". We consider that accurate information should be available to everyone to help them manage their mental health, combined with a particular focus on ensuring programmes reach the individuals and communities most likely to experience inequalities and disadvantage.

During the year we will reorganise to ensure we have strategic leadership in three departments, focused on Development and Delivery, External Affairs (including Fundraising) and Finance and Resources. Each department will be led by a director. We will also bring our Policy and Research teams together to strengthen our ability to draw together evidence to influence policy and practice changes.

A major goal is to make the most of transferring learning from work in different parts of the UK in different policy contexts. We are increasing links between our teams in different parts of the UK in the fields of policy and research and programme delivery. We intend to develop the replication of our single-country projects across England, Wales and Scotland. We also intend to draw on our international contacts through academic colleagues and organisations we have worked with overseas to strengthen our learning and to be aware of the most promising developments in the field of mental health, which we can bring to a UK context.

We will appoint for the first time a Head of Strategic Development, Wales, strengthen our portfolio of projects in Wales, seeking to complement our self-management projects with new learning disabilities and dementia work, to create a new project with Beat on self-management for people with eating disorders and to develop the pan-Wales expert advisory group, to match what we have already done for service user involvement in Scotland and England.

In Scotland, 2014 marks the launch of the See Me Scotland Movement for Change. The Foundation, jointly with the Scottish Association for Mental Health (SAMH), is leading a high profile initiative fighting stigma and discrimination at national and local level. It has a major reach into many different Scottish Communities and is enriched and informed by a People's Panel drawing on the lived experience of 600 people.

We are proud to be working through the year with the Scottish Government on Commitment 1 of the Scottish Mental Health Strategy, where we are reviewing mental health services across Scotland supported by Health Improvement Scotland and VOX.

Our programme Amaan reaches the end of its first phase and we will be seeking support to develop and expand it. Amaan focuses on women who have experienced migration and often trauma through community conversations, peer support and creative work.

FUTURE PLANS 2014-15 (continued)

Our ongoing programme looking at ways to support the mental health of people with long term conditions will be focusing on young people. We will also be extending our peer support model to carers supporting people with mental health problems.

We aim to secure major Lottery funding to expand projects on Young Mums and Self-Help and Dementia to significant and replicable levels in London. A goal is to be holding 10 concurrent major Lottery grants by the end of 2015 in different parts of the UK.

We intend to host a major new project on behalf of the Maternal Mental Health Alliance as part of the Big Lottery's Better Start funding initiative. The goal is to achieve better outcomes and more joined up and responsive services nationally to promote maternal mental health, which research shows is greatly undersupported despite being so crucial to a child's future life course.

We aim to identify further funding opportunities to support public mental health themed PhDs at universities, building on the model of the 3 year programme at Oxford examining the impact of mindfulness for women at risk of experiencing post-natal depression and their partners.

We will seek to develop our innovative Babies in Mind video interactive guidance, working with vulnerable young mothers on attachment so that our evidence base encourages local commissioning

Our work with young people remains an important contribution to understanding how to reduce or prevent mental health issues developing. We will seek to extend our hosting of the Children and Young People's Mental Health Coalition from 2015 to 2018 to ensure a stronger voice to influence national policy and services for adolescents. Our work with Looked After young people and with Foyer residents will show the impact of work with this age group and the potential of peer led approaches. At the same time guidance for youth workers and GPs will be published with the lessons from young people's engagement in the Right Here Programme.

We will hold a major Arts Festival in London throughout June on the theme of Anxiety, working with cultural partners in every art form to explore anxiety in performance, creation and the impact on audience members. The Festival takes place at venues across London, from Wigmore Hall, the National Portrait Gallery and the Houses of Parliament, through to local community venues such as the Dragon Café, Cooltan Arts and venues like Brixton Prison and the Institute of Psychiatry. One highlight will be the commission of new Anxiety Fanfare and Variations for Voices by renowned composer Jocelyn Pook at the Wigmore Hall by the Aurora Orchestra with members of the Mind and Soul Choir from the Maudsley Hospital.

We will continue to hold the annual Scottish Mental Health Arts and Film Festival, now emulated (with our guidance) in other countries. We will explore the potential to take the same approach in Wales.

FUTURE PLANS 2014-15 (continued)

The Foundation will expand its work in the field of learning disabilities. In particular we will be helping young people facing the transition from school to understand ways to present their skills to employers and to introduce employers to the value of employing people with learning disabilities. We will continue to develop and advise on self employment options with the involvement of circles of support. Our quality checkers project continues to use the expertise of people with learning disabilities to evaluate local services.

A major theme in our work on learning disability is the fight against stigma and discrimination. We intend to alert the media that some presentations of people with learning disabilities are narrow, inaccurate and sometimes stigmatising. We will produce advice about staying safe online and what to do if you experience hate crime.

We are continuing our programme of initiatives to help people with learning difficulties manage their mental health. We will produce an easy Read Guide to approaching your GP if you are feeling down. We will continue our project with Kings College London to explore models of psychological therapies to meet the needs of people with learning disabilities.

ACHIEVEMENTS AND PERFORMANCE

Our achievements are summarised below and they have been grouped according to our departmental structure, which reflects the methods by which we seek to achieve our mission and charitable objectives.

Children and Young People (CYP)

During the past year prevention and early intervention have been the priorities for our expanding Children and Young Peoples Programme. New funding has been secured to allow us to continue our existing work as well as enable us to develop new initiatives reflecting these priorities:

- ◆ My Life My Future - Children In Need (BBC) has funded a two year project to support 50 looked after young people age 12-19 in South London. The focus is on building self esteem, autonomy and resilience and the project will offer mentoring and support with job/career choices.
- ◆ Funding from the BOND programme, through the Department for Education, resulted in the publication of an information pack for teachers of special needs children to promote good mental health, prevention and early intervention.
- ◆ Infant Mental Health – funding from the Design Council enabled ten families to be supported in Lambeth and Southwark with a focus on promoting attachment and attunement and preventing emotional problems from developing early on in a child's life.

ACHIEVEMENTS AND PERFORMANCE (continued)

Children and Young People (CYP) (continued)

- ◆ Right Here Legacy Programme – The Paul Hamlyn Foundation is funding the Mental Health Foundation to take forward the learning from the 5 year Right Here Project to a wider audience of young people. Plans are already underway for next year, to train staff working with young people age 16-25 to be more mental health aware. Publications will also be produced for GP's and Youth Workers to improve the understanding of CYP mental health, and a new two year programme - Healthy Conversations - with the Foyer Federation will promote the mental health and well being of young people at risk of homelessness and living in supported accommodation.
- ◆ The Children and Young People's Mental Health Coalition, hosted by the Foundation and funded by Zurich Community Trust, ran a major campaign to improve mental health and wellbeing in schools. "Resilience and Results", a guide for schools on how to improve mental well-being, was created and sent to all schools in England and Wales, and a national competition was launched to identify and showcase best practice. Three schools, which in the view of the judging panel showed excellence in developing a whole school approach to emotional well-being, were awarded prizes. This focus on schools will continue next year, as a result of Public Health England commissioning the Coalition to produce a framework for a whole school approach to good mental health.
- ◆ The Coalition was also involved in scrutinizing how well local areas were prioritising children's mental health. The "Overlooked and Forgotten" report was published showing the extent to which local planning documents (Joint Strategic Needs Assessments) prioritised this issue. The aim of the media coverage this research received was designed to focus the attention of local authorities on this vital but often under supported group.

Impact case study - New Moments, the Design Council, Infant Mental Health

Ten families in Lambeth and Southwark were offered short term support to build positive attachments and interactions with their babies. The project used Video Intervention Guidance, a NICE recommended approach which can improve social, emotional and overall development of children. This parent led approach asks mother and fathers to review and reflect on video clips of interactions with their children. It builds greater understanding about positive interactions, builds relationship skills in children and parents and boosts parental self-esteem. In the long term this approach can reduce the incidence of mental health problems in childhood and reduce teenage entry into the juvenile justice system. Evaluation of the project showed that parents were overwhelmingly positive describing it as improving parental moods, lowering anxiety, increasing feelings of being empowered and of better engagement with their child.

ACHIEVEMENTS AND PERFORMANCE (continued)

Arts and Mental Health

The Foundation has a long history working in the field of arts and mental health. Following the continued success of our Scottish Mental Health Arts and Film Festival, now the biggest in Europe, the Foundation has spent the year securing funding and partnerships in preparation for the launch of a major London-wide arts and mental health festival.

Funding was secured from the Maudsley Charity, Arts Council England, PRS Foundation for Music, the Britten-Pears Foundation, the Peter Minet Trust and Calouste Gulbenkian, and has allowed the recruitment of a specialist team of curators and support for the festival programme.

The theme chosen for the festival was anxiety, one of the most common mental health problems across the world and with a strong connection to the arts.

The Anxiety Arts Festival, London 2014 curatorial team has spent the year building effective partnerships with arts venues, community and NHS organisations, local authorities and academic institutions, as well as planning a major programme of work encompassing visual arts, film, music and performing arts. The Festival programme has been designed to appeal to a diverse audience and will include public and community education and engagement in order to create conversations to tackle the stigma and discrimination that still surrounds mental illness.

A key principal of forming partnerships and designing the Festival programme has been to build a strong participative element to allow people with lived experience of mental illness to contribute to the festival through creative and educational activities.

The Festival will run throughout June 2014 and will take place at venues across London, from Wigmore Hall, the National Portrait Gallery and the Houses of Parliament, through to local community venues such as the Dragon Café, Cooltan Arts and even venues like Brixton Prison and the Institute of Psychiatry.

The highlight of the festival programme will be the commission of new *Anxiety Fanfare and Variations for Voices* by renowned composer Jocelyn Pook, to be premiered on 12 June 2014 at the Wigmore Hall by the Aurora Orchestra with members of the Mind and Soul Choir from the Maudsley Hospital.

ACHIEVEMENTS AND PERFORMANCE (continued)

Scotland

The Foundation holds a unique position in Scotland as the only third sector organisation that works across the whole life course and has a focus on the promotion of positive mental health, prevention of mental health problems and the improvement of outcomes for people who use mental health services and their families. We place a great deal of importance on working alongside people with mental health problems and those at highest risk which means that we remain close to the issues. This approach is embedded across our work programmes where we create opportunities and provide support that enables those who are most affected to be a part of creating the solution. This work to support the empowerment of those most vulnerable in our society is reflected at a strategic level in our continued hosting and development support for Voices of Experience (VOX) the Scottish national collective advocacy organisation.

Our new role this year in managing See Me the Scottish stigma and discrimination programme in partnership with Scottish Association for Mental Health (SAMH) has led to this programme shifting focus from a public awareness campaign to a collective movement towards change that brings together communities and individuals from across Scotland to work with us and our partner organisation to ensure that people with mental health problems are able to live equal lives. This leadership role in the field of stigma and discrimination has enabled the Foundation to implement the findings and model developed within our joint European anti-stigma programme – ASPEN ensuring that the next phase of anti-stigma work in Scotland has a significant focus on human rights, equality and building lived experience leadership.

Our ability to bring an expert opinion informed by action research activity, where we bring together and help translate evidence from research as well as from practice and lived experience is well recognised by policy makers and services alike. Our expert and informed voice has resulted in representation on key groups to support the implementation of the Scottish Mental Health Strategy and being charged with the responsibility to lead the 10 year review of mental health services in Scotland (Commitment 1 – Scottish Mental Health Strategy).

The Scotland department continues to operate across two offices in Glasgow and Edinburgh, whilst operating an integrated programme of work bringing together our research, policy, training, campaigning and service improvement functions. Priority areas in 2013/14 have continued to be focused around improving outcomes for those who encounter the greatest mental health inequalities, including older people, young people with long term conditions and refugees and asylum seekers. New areas of work across the year have involved the development of work in partnership with Young Scot and Snook exploring the role of technology in supporting young people with mental health problems funded by NHS Greater Glasgow and Clyde and peer support for carers funded by the Big Lottery Fund.

ACHIEVEMENTS AND PERFORMANCE (continued)

Scotland (continued)

Impact Case Study – Engaging a new audience

In June last year the Mental Health Foundation partnered with iconic Glasgow venue the Arches, bringing world class DJs together for a club night with a difference.

With mental health problems on the increase amongst younger people, it is hugely important that positive messages about mental health are delivered to this age group to fight stigma and discrimination. Positive messages can not only help people feel less isolated, but will also increase the likelihood that they will seek help and at an earlier stage. Over the last 7 years, the Scottish Mental Health Arts and Film Festival has demonstrated the impact of using the arts to tackle stigma and discrimination surrounding mental health. However, it is much more difficult to reach these younger audiences and the main purpose behind this event was to use music to reach this audience and get people thinking about and talking about mental health.

Our aims were to:

- ◆ Raise awareness of mental health problems and of the work we do as an organisation;
- ◆ Challenge stigmatising attitudes and reduce discrimination;
- ◆ Encourage young people to seek help if they need it or to offer support to friends;
- ◆ Raise funds to enable us to continue our work in the arts.

The event was funded by Awards for All, allowing us to work with big name artists that would attract a younger demographic. Chicago House legends Felix Da Housecat, DJ Pierre and Marshall Jefferson performed at the sell-out event, which attracted over 1,600 attendees. A team of volunteers worked through the night handing out information and speaking to individuals about mental health and the messages that we wanted to promote. The response from individuals that attended the event was unprecedented; people really engaged with the mental health content and were very keen to link with us and attend similar events in the future. In addition, we raised over £2,000 in donations which went towards the ongoing art programme of the Mental Health Foundation. Felix Da Housecat and DJ Pierre spoke to us after the event, expressing their gratitude at being included in an event with such an important cause and discussed the importance of looking after your mental health, especially within the electronic dance music scene.

This year the Mental Health Foundation will work with the recently refurbished Art School in Glasgow, building on the success of last year's event with a new collaboration.

ACHIEVEMENTS AND PERFORMANCE (continued)

Later life

2013/14 saw the start of several new projects in our later life programme, as well as the successful completion of others. Five new projects were started during the year, three projects were successfully completed, and funding for new projects to the tune of over £180,000 secured. Significant policy and influencing work was also undertaken.

Among the new projects started were a national inquiry into the meaning of, and responses to delusions, confusion, and hallucinations experienced by people with more severe dementia, an evaluation of dementia training for social care staff, and an exploration of positive risk taking in relation to 'dementia friendly communities'. We successfully completed the dementia self-help project (see below), drafted the Care Quality Commission's annual report on use of the Deprivation of Liberty Safeguards (DoLS), as well as doing an audit of the use of DoLS for a local authority. Funding was secured for a 'before and after' evaluation of care home residents with dementia moving between homes, an audit of Mental Capacity Act and safeguarding systems in London's prison healthcare teams, and a mapping survey of dementia friendly communities across Europe. The network of groups supported by the Dementia Engagement and Empowerment Project (DEEP) continued to expand and received increasing national recognition as the 'go to' network for involving people living with dementia in policy and service development.

The charity's work was featured in the media on several occasions including Radio 4, the Mail Online, and the Huffington Post, as well as producing several blogs during the course of the year. Policy and influencing work carried out by the charity has included giving evidence to the House of Lords Select Committee on the Mental Capacity Act (and being cited in the Committee report), active participation in the national Dementia Action Alliance, the Department of Health's Safeguarding Adult's Advisory Group, and a sub-group of the Prime Minister's Champion's Group on dementia friendly communities. Another achievement during the year was the establishment of a 'virtual' panel of over 400 Foundation supporters with a particular interest in later life mental health issues.

ACHIEVEMENTS AND PERFORMANCE (continued)

Impact Case Study - Dementia Self Help Project

This project successfully came to an end this year. It involved setting up, facilitating and evaluating self- help, peer support groups for people with dementia living in extra care, shelter housing schemes in London. The Mental Health Foundation employed the group facilitator, Cindy Glover, and the project was carried out in partnership with Housing & Care 21. The outcomes were as follows:

- ◆ All three groups were successfully set up and facilitated
- ◆ Two groups have been sustained thanks to Cindy recruiting local volunteer facilitators and Housing 21 staff to support the groups continuing
- ◆ The project evaluation indicated improvements in people's social interaction and connectedness, confidence and wellbeing, feeling more supported by others in the groups and less lonely, and some self-reported improvements in cognitive functioning.

One participant, speaking of the group said, *"despite my physical frailty, my trembling and my poor memory, if we stand together we are strong. We can face the challenges we face. Let us be strong because we are together..."*

Several national conference presentations have been done about the project. Findings from the evaluation and the project resource pack will be launched and promoted at a national event in 2014. Because of the success of the project a bid has been submitted to the Big Lottery to expand it to many other similar housing schemes, and to include both older people with dementia and people without dementia but who experience loneliness and isolation.

The evaluation of the project involved three peer support groups for people in the early stages of dementia living in extra care housing (Housing 21). Overall, the evaluation found positive impact of the peer support groups on participants' wellbeing, social support and practical coping strategies. Participants improved in their communication abilities and in managing their memory and their lives. Staff and stakeholder interviews revealed perceived benefits to extend beyond group members to include staff, families, friends, other residents in the housing scheme and the housing provider. Findings also showed the need for the peer support groups to become more embedded within the scheme, with dedicated staff time and resources towards encouraging meaningful activities.

ACHIEVEMENTS AND PERFORMANCE (continued)

Foundation for People with Learning Disabilities

The Foundation for People with Learning Disabilities is part of The Mental Health Foundation and its mission is to improve the lives of people with learning disabilities of all ages and their families. Throughout the year the Foundation has continued to raise its profile and address current policy priorities, including those developing through the Health and Social Care Act, Children and Families' Bill and other national issues. The Foundation for People with Learning Disabilities draws on the expertise of people with learning disabilities, their families and supporters through their advisory and reference groups, who provide advice and support to respond to various policy issues.

The Foundation for People with Learning Disabilities has a strong reputation for working alongside people with learning disabilities' and their families to champion their human rights and overcome the barriers to equality.

Our impact

The following are examples of the impact we have made during the past twelve months:

1. We expanded our work with the World Health Organisation and the Turkish Government over the last year, developing the operational guidelines for community living services which were published in March 2014. In addition, a training curriculum and train the trainer programme was developed to enable staff to work in a person centred way. Impacts include:
 - ◆ 22 trainers which included academics, professionals, people with learning disabilities and support workers are now delivering the training programme across Turkey.
 - ◆ These trainers have now trained over 200 people to develop community services for people with learning disabilities and mental health problems on personalised supports.
 - ◆ People with learning disabilities are leaving the large institutions and are now living in their own homes (over 50 homes have been opened in the past two years).
 - ◆ Value based guidelines to deliver services in the community have been provided to over 55 community services across Turkey.
 - ◆ Over 300 people have been provided training on the operational guidelines.
2. We are working on the post-Winterbourne View reforms with the Cornwall Clinical Commissioning Group, to create local provision for people with learning disabilities and mental health problems living in expensive assessment treatment units out of county. (See Terry's story below).

ACHIEVEMENTS AND PERFORMANCE (continued)

Foundation for People with Learning Disabilities (continued)

Our impact (continued)

3. Through our Get a Plan service in Cornwall, we have worked with over 200 people with learning disabilities and their families to support them to develop their personal budgets.
4. Our e-newsletter 'Foundation Stones' was launched in September 2013 to disseminate and promote our work and now reaches over 830 subscribers.
5. We continued to expand our employment work and supporting a number of local authorities to build their capacity for good quality employment support provision. Included in this work is our In-Business model for supported self-employment which continues to build our national reputation as a forerunner in the sector.

Impact Case Study: Jim's story

Jim has complex health conditions and requires a wheelchair which means that taking part in normal, everyday activities can be difficult. Through the *An Ordinary Life* project, Jim and his family were supported to think about his dreams and aspirations for his future. He identified an ambition to visit Rio for the Paralympic games and was supported to visit an airline to start planning towards this trip, trying out travel systems to keep him supported during the flight.

Jim's mother said, "Jim has every right to be treated equally and with dignity and respect. I have always come across barriers and inequality when it comes to taking my sons on holiday, in particular Jim, as he is unable to sit without support. Jim should be able to do everything that anyone else can; this is where *An Ordinary Life* is making sure he has the correct support, so Jim can achieve whatever he wants to in life. He may have to do it differently and with help, but this shouldn't mean it can't be done".

Impact Case Study: Thinking Ahead

The Thinking Ahead campaign was launched to call for better support for families to plan the future for their adult relative. Over 20 events have been held by local authorities and organisations over the past year to promote the accompanying Thinking Ahead Planning Guide as well as many practitioners and families having downloaded the free planning guide. The Thinking Ahead model for planning is providing families with a route to shaping their future, leading to people having safer and more meaningful lives as they get older.

ACHIEVEMENTS AND PERFORMANCE (continued)

Foundation for People with Learning Disabilities (continued)

Our impact (continued)

Impact Case Study: Terry's story

In August last year Terry moved back to Cornwall. This is significant because he had spent the last 6 years in assessment and treatment units out of county. Three of those years were spent at the infamous assessment and treatment unit Winterbourne View.

Through Get a Plan in Cornwall, Terry and his family were supported to think about his dreams and aspirations for his future and create a person centred plan. At the heart of Terry's plan was the need to come home to Cornwall and live near his family. Through good planning this was achieved. Having spent such a long time away from home, in places where much is documented and recorded about people's behaviour it was important to use his plan to dispel the myths that had been created about him and to show the real man not a list of behaviours.

Terry's dad recently commented "It was important he had a chance to be involved, he could tell his story that was important really".

Wales

Local

Our annual joint campaign with Hafal and Bipolar Cymru reached every county in Wales this year. The campaign encouraged people using mental health services in Wales to get the most out of their care and treatment plans. The campaign findings were welcomed by the Health Minister and continue to influence the implementation of mental health policy at a local and national level.

The Foundation is facilitating peer support groups across Wales and these are contributing to our understanding of the medium and long term benefits of self-management and peer support for people using secondary mental health services.

We have now established our self-management work in Parc Prison in South Wales. The mental health of the prison population has been a concern for some time and our work with Parc will explore ways in which prisoners can contribute to their own and each other's mental health and wellbeing. If successful, this work will be replicated in prisons across the UK.

We are working with Gingerbread, the leading charity for single parents, to develop and deliver Creating Connections, our self-management and peer support work for single parents in South Wales.

ACHIEVEMENTS AND PERFORMANCE (continued)

Wales (continued)

National

Having contributed to the development of the Welsh Government's current mental health strategy, Together for Mental Health, we are now leading the work on assessing the impact of the strategy from the perspective of mental health service users and their carers. We are supporting the development of tools to use in the care planning process to ensure that care plans are helping people to achieve their own goals and improve their mental health and wellbeing. The Foundation's self-management work in Wales was featured in the Government's first annual report on the strategy as an example of good practice.

We continue to contribute to the leadership of Public Health Wales, where we are members of the Public Mental Health Network Advisory Board. David Crepaz-Keay chaired the Network's annual conference.

Impact Case Study: Development of a National Service User and Carer Forum

The Foundation was asked by the Welsh Government to lead the development of its first National Service User and Carer Forum.

The Forum brings together over fifty service users and carers from all over Wales representing each local area and includes national representatives to ensure the diversity of the Forum reflects the experiences and needs of mental health service users and their carers across Wales. The Foundation led the development of the Forum and is responsible for facilitating it through to its independence.

Impact Case Study: Development of a National Service User and Carer Forum

The Forum links directly into the National Partnership Board and the seven Local Partnership Boards to ensure that service users and carers are heard at these key oversight, decision-making and governing bodies for the implementation of the mental health strategy.

The Forum will also build links with national service user initiatives in other countries within the UK and beyond.

ACHIEVEMENTS AND PERFORMANCE (continued)

Empowerment and Social Inclusion

Local

The development and delivery of our self-management and peer support work in Lambeth and Southwark has been completed this year. Work will continue with course participants to understand the longer term impact of the project. This will build on our current research evidence which shows that our self-management and peer support contributes to the mental health and wellbeing of mental health service users.

Local partnerships are being developed to widen the use of self-management and peer support as an evidence based intervention. We expect to see growth of its availability and use across the UK.

National

Training

Our mental health awareness training continues to reach new groups. We have trained medical professionals, vets, and environmental scientists; as well as a variety of voluntary, statutory and private sector service providers.

PPI in research

We have successfully completed our contribution to the English National Study of Compulsory Admissions (ENSCA). This has been research of national importance and the Foundation's leadership of the patient and public involvement in the study has been widely praised. Several peer-reviewed publications will be published as a result and follow-up studies are currently being developed.

We have also contributed to the leadership of a major Arts and Humanities Research Council funded project, Creative Practice as Mutual Recovery, which explores the relationships between arts and humanities and recovery from mental ill-health. We are supporting the development of several programmes of work around themes ranging from birth-shock to dementia across England.

Developing National Standards

The Foundation led a national study to identify consensus on the characteristics of effective mental health service user involvement. We have been working in collaboration with a number of organisations, including the National Survivor User Network (NSUN) to better understand the impact of involvement on both those involved and the services they get involved in. The Foundation has identified a number of indicators of effective involvement and these will contribute to the development and implementation of service user involvement standards for England. A similar process is currently being developed to establish standards in peer support standards.

ACHIEVEMENTS AND PERFORMANCE (continued)

Empowerment and Social Inclusion (continued)

International

WHO empowerment indicators co-developed by the Foundation have now been used in a number of countries. The Foundation was represented on the scientific committee of an international conference in Lille, France, where empowerment across the European Union is being enhanced as a result of their development.

We continue to work with international partners to develop new ways of improving the mental health of people using mental health services across Europe.

Research

Research continued to play a strong role in underpinning the work of the Foundation. The research team worked across a number of research projects and evaluations, often working with other departments in the Foundations including:

- ◆ Dementia self-help groups;
- ◆ Taking control evaluation;
- ◆ Homelessness Mentally Ill Initiative revisit ;
- ◆ Progression Together evaluation;
- ◆ Your Way evaluation;
- ◆ Self-management in Lambeth and Southwark; and
- ◆ Parc prison self-management: evaluation.

The department completed a range of reports, evaluations and publications during the year. These covered subjects as diverse as the mental health of young mums, the mental health of serving and ex- Service personnel sleep, mindfulness, self-help for individuals in contact with secondary mental health services and Dementia self-help.

Examples of completed projects:

- ◆ The Young mums together report (project developing a support service for young mothers) and 'how to' guide to running groups have been launched.
- ◆ The mental health of serving and ex-Service personnel; a review of the evidence and perspectives of key stakeholders has been published.
- ◆ The evaluation of Music and change (project engaging youth involved in gangs).

ACHIEVEMENTS AND PERFORMANCE (continued)

Empowerment and Social Inclusion (continued)

Research (continued)

- ◆ The English National Study of Compulsory Admission has been completed (with Empowerment, led by Warwick University). Several papers have been submitted to peer-reviewed journals and a large scale project developing interventions to reduce compulsory admissions has been submitted for funding.
- ◆ A paper on the Effectiveness of the online mindfulness course for stress, anxiety and depression has been published in BMJ Open (among the Top Ten Most Accessed articles that month).

Policy

A key focus for the year was our external lobbying work as part of the Mental Health Policy Group. Having been instrumental in the Government legislating for parity of esteem for mental health, we were keen to ensure that tangible changes were seen in the delivery of health and social care support. This work has included a major national media campaign to raise our concerns over the disproportionate cuts to the mental health tariff (compared to acute services) and lobbying around the removal of key mental health indicators in the Quality and Outcomes Framework.

As a result of our approach we have held meetings with the Secretary of State for Health, the Health and Social Care Minister, the Shadow Health Minister, as well as key stakeholder organisations such as Monitor and NHS England.

We have also been involved in key policy developments such as the Mental Health Action Plan, the Crises Care Concordant, the guidance on Choice and supporting the new Parity Board.

Our external publications have included journal articles (Mental Health Nursing); blogs (integrated care, workplace mental health); consultation responses (London's Healthcare review - our response was widely quoted in their first report on the evidence in April; evidence to the Health Select Committee's review of CAMHS; the APPG inquiry into public health and parity) and two major reports – *Crossing Boundaries, a report into improving integrated care for people with mental health problems* and the *Future of Mental Health Services*, the result of a year-long inquiry.

ACHIEVEMENTS AND PERFORMANCE (continued)

Policy (continued)

Impact Case Study – Integrated Care

In August we launched our report *Crossing Boundaries: Improving Integrated Care for People with Mental Health Problems* which was the result of a year-long inquiry identifying key elements of good integrated care. The Inquiry included a literature review on integrated health care and mental health care, three expert seminars and a call for evidence which received over 1,200 responses.

The report was distributed widely via our networks, and the findings presented to the first conference of the new mental health clinical commissioning leads – this gave them the opportunity to think about how their commissioning practices could be more integrated.

As part of our work on better integrated care, we were keen to ensure that the voice of service users were at the heart of any development work. Working as part of the Mental Health Strategic Partnership, we were funded by the Department of Health to work with the National Service User Network to develop a benchmark for integrated care. A group of service users met quarterly to discuss the benchmark and identify key elements of integrated care.

The final benchmark, when completed later in 2014 will be shared with both providers and commissioners, providing a service user's view on what good integrated care should look like.

Fundraising

Income generated through partnerships and voluntary donations are vital income streams for the Foundation. Total fundraised income, excluding grant income, totalled £2,091,710 a decrease of £272,505, 11.5%, versus last year (12/13 – £2,364,215). This decrease was mainly due to a decline in legacy income offset to some extent by a 21% increase in events income.

Donations and gifts were 3.7% lower than those received in 2012/13. Although the size of the average gift increased overall there was a decline in income raised by cash appeals which resulted in this small decline.

The average regular gift via direct debit or standing order was £11.95, including Gift Aid, a slight increase on the previous year. The average cash gift was £38.65 including Gift Aid.

613 gifts of all types were received from new or reactivated donors. Payroll Giving remained strong with 162 new donors choosing to support the Mental Health Foundation in this way.

A breakfast talk was held at the Savile Club in November 2013 highlighting the importance of youth mental health. We are grateful to all those who supported the event which raised £12,750 towards our work.

ACHIEVEMENTS AND PERFORMANCE (continued)

Fundraising (continued)

Legacy income was 27% lower than in 2012/13 which reflects the continuing reduction in this income stream. However the pipeline of outstanding notifications is quite strong which suggests that legacy income will be higher in 2014/15.

Fundraising events and community fundraising brought in £308,591, 21% higher than 2012/13. Once again we had our largest ever London Marathon team, with 100 places. £38,000 of events income was from Caroline Cruddace who scaled Kilimanjaro in Africa for us.

Marketing and Communications

As a research and “policy into practice” charity, our communications and information resources play a vital role in our work to inform national policies, improve services, support wider adoption of best practice and provide the advice and high quality information that helps individuals live mentally healthier lives. It is primarily through these channels that our research and knowledge is put to work to help people survive, recover from and prevent mental health problems and inform our campaigns to tackle stigma and inequalities in mental health care.

Our campaigning approach continued to be at the heart of our communications work in 2013. Our nationally renowned Mental Health Awareness Week again campaigned for better public mental health and wellbeing by raising awareness of the importance of physical activity for our mental health. The campaign saw coverage across most national media and was supported by over 400 organisations and individuals who got involved by organising events and activities all across the country during the week to raise the profile of mental health.

We continued to campaign for better psychological support and improved quality of life for individuals with long term conditions with the second year of our “See Psoriasis Look Deeper” campaign in partnership with the Psoriasis Association. And our service user led campaign across Wales in partnership with Hafal and Bipolar UK, was launched by Health Minister Mark Drakeford at the National Assembly in Cardiff with its message for high quality Care and Treatment Plans for everyone receiving secondary mental health services across Wales.

However our work wasn't just about campaigns. The year saw a considerable amount of work to raise our media profile and audience engagement to ensure our influence, support and information reached the widest possible audience, from the dissemination of innovative research highlighting best practice, to helping empower individuals with lived experience to take more control of their lives, to reaching out to everyone with advice and information resources to help them live mentally healthy lives

ACHIEVEMENTS AND PERFORMANCE (continued)

Marketing and Communications (continued)

Our digital communications drove visits to the Foundation's websites to over 3 million visits, and over 300,000 copies of our support information was downloaded or purchased in the year. The launch of a new blog site for the Foundation gave fresh impetus to our work in raising the voice of individuals with lived experience and provided a platform for professionals and practitioners to share innovative thoughts on improving health and social care in mental health. The Foundation's media profile again increased in the year, to over 1,350 media mentions, strengthening our impact and delivering our message to an even wider audience, via national, local and trade media.

Communications Impact Data 2013/14

Publications distributed:	24,980
Resources downloaded:	282,984 (up 67%)
Total Website Visits:	3,276,275 (up 34%)
Media hits:	1,363 (up 21%)
Priority media hits:	418 (up 19%)

ACHIEVEMENTS AND PERFORMANCE (continued)

Marketing and Communications (continued)

Impact Case Study: Mental Health Awareness Week 2013 – “Let’s get Physical”

The Mental Health Foundation has taken a long interest in public mental health and each May hosts Mental Health Awareness week, a well-established, national event that aims to raise awareness of mental health, reduce stigma and discrimination, and promote better public mental health and emotional wellbeing.

Following on from previous successful campaigns on key public health issues, such as, alcohol, anger, loneliness, sleep and doing things for others, 2013 saw the launch of “Let’s Get Physical” , raising awareness of the importance of physical activity for our mental health and wellbeing.

The campaign led with a new message for physical activity. Everyone knows being physically active is good for their physical health, but not many know it is good for their well-being and mental health. The campaign aimed to change the way we view physical activity in the UK: to shift physical activity from a behaviour which we do because we ‘have to do’, ‘should do’ or ‘ought to do’ for our health, to something which we do because we personally value its positive benefits to our well-being. In other words: to view physical activity ‘as a pleasure and not a chore’.

As usual, at the heart of the campaign were the thousands of supporters, from all over the UK, who engaged in the week by hosting events and activities to highlight the importance of good mental health within their community. From hospitals to work places, schools to families, once again people came together to raise awareness and take action for better mental health.

The Foundation produced a research report on the impact of physical activity on mental health to inform the national debate and a range of support materials in the form of self-help booklets, posters and digital collateral to publicise the campaign and support events up and down the country. The launch was held in a top London Gym with ex professional boxer Cathy Brown and was supported with a major media outreach programme.

Campaign Highlights:

- ◆ Nearly 100 media mentions for the week
- ◆ Coverage across key national titles, Daily Mail, Independent, Daily Express, Guardian Society and the Times
- ◆ A total media circulation of over 61 million
- ◆ 25,000 visits to the website in the week
- ◆ Over 150 organisations and individuals ran events to promote the campaign messages
- ◆ Over 5,000 copies of the campaign support materials distributed

FINANCIAL REVIEW

Financial results

At the end of the financial year 2013/14 the Foundation recorded a deficit of £50,392 compared to a deficit of £28,568 the previous year. This comprised of a surplus of £31,871 on the Foundation's "unrestricted" funds and a deficit of £82,271 on the Foundation's restricted funds. This deficit represents expenditure on restricted projects that was set against restricted funding received in previous years.

Total income for the year amounted to £4,218,429 which was £66,054, 1.6% higher than the previous year (£4,152,375). This was due to higher "events", statutory and other grants income offset by lower legacy and voluntary gift income.

Donations and gifts at £1,021,554 were £39,101, 3.7% lower than those received in 2012/13 (£1,051,655). Although the size of the average gift increased overall there was a decline in income raised by cash appeals which resulted in this small decline.

Legacy income at £770,564 was 27% lower than in 2012/13 which reflects the continuing reduction in this income stream. However the pipeline of outstanding notifications is quite strong at £567,133. (vs £329k in 12/13) which suggests that legacy income will be higher in 2014/15.

There was a significant increase in the value of grants received totalling £1,342,542, an increase of £352,462, 36%. This included a new 3-year grant of £316,000 (2013/14 - £32,304) from the Big Lottery Fund, Wales for a project offering self-management and peer support for single parents in Cardiff and Newport, and also another 3-year grant of £391,000 (2013/14 - £33,328) from the Big Lottery Fund Scotland on peer support for carers of people with mental health problems in Glasgow.

Investment income decreased by £464 reflecting the withdrawal of cash investments in quarter four and the overall low rate of return for cash based investments.

Total resources expended at £4,268,821 were £87,878 higher than in 2012/13. This was mainly due to an increase in expenditure incurred in the delivery of the Foundation's charitable activities, in particular for the mental health and FPLD programmes that were funded by restricted funds. This was offset to some extent by a reduction in the cost of generating funds.

FINANCIAL REVIEW (continued)

Reserves policy

As explained above, the charity carries out a diverse range of activities, some of which comprise short-term and externally funded projects whilst others comprise long-term projects requiring significant continuing financial commitment and investment. The Trustees have examined the requirement for free reserves i.e those unrestricted funds not invested in tangible fixed assets, designated for specific purposes or otherwise committed. The Trustees consider that, given the medium to long-term nature of the charity's work, the level of free reserves should be equivalent to 3 months' unfunded expenditure (a reduction from the previous target of 6 months). At 31 March 2014 free reserves totalled £250k against a target of £398k. The current level of free reserves is equivalent to approximately eight weeks. It is the intention of the Trustees through tight cost control, new income generation and targeted investment to achieve the target level of free reserves within 12 months

Financial position

The balance sheet shows total funds of £903,768.

These funds include permanent endowment funds of £44,754 which are invested and held indefinitely by the charity.

Also included in total funds is an amount of £522,939 which is restricted. These monies have either been raised for, and their use restricted to, specific purposes, or they comprise donations or legacies subject to donor-imposed conditions. Full details of these restricted funds can be found in note 14 to the financial statements together with an analysis of movements in the year.

General funds of the charity at 31 March 2014 totalled £336,075.

The charity's assets

Acquisitions and disposals of tangible fixed assets and fixed asset investments are recorded in the notes to the financial statements.

Approved by and signed on behalf of the Trustees



Chair

Approved by the Trustees on: 27 November 2014

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

We have audited the financial statements of the Mental Health Foundation for the year ended 31 March 2014 which comprise the statement of financial activities, the balance sheet, the cash flow statement, the principal accounting policies and the related notes. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

This report is made solely to the charity's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006 and to the charity's Trustees, as a body, in accordance with Section 44 (1) (c) of the Charities and Trustee Investment (Scotland) Act 2005 and Regulation 10 of the Charities Accounts (Scotland) Regulations 2006. Our audit work has been undertaken so that we might state to the charity's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charity, the charity's members as a body and the charity's Trustees as a body, for our audit work, for this report, or for the opinions we have formed.

Respective responsibilities of Trustees and auditor

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

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

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

Scope of the audit of the financial statements

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

Opinion on the financial statements

In our opinion the financial statements:

- ◆ give a true and fair view of the state of the charity's affairs as at 31 March 2014 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- ◆ have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- ◆ have been prepared in accordance with the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005 and regulation 8 of the Charities Accounts (Scotland) Regulations 2006.

Opinion on other matter prescribed by the Companies Act 2006.

In our opinion the information given in the Trustees' report for the financial year for which the financial statements are prepared is consistent with the financial statements.

Matters on which we are required to report by exception

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

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

Buzzacott LLP

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

2 December 2014

Statement of financial activities Year to 31 March 2014

	Notes	Unrestricted funds £	Restricted funds £	Permanent endowment funds £	Total 2014 funds £	Total 2013 funds £
Income and expenditure						
Incoming resources						
Incoming resources from generated funds						
. Donations and gifts		1,012,554	—	—	1,012,554	1,051,655
. Legacies		711,393	59,171	—	770,564	1,056,769
. Fundraising events		308,591	—	—	308,591	255,791
. Investment income and interest		3,798	—	8	3,806	4,270
Incoming resources from activities in furtherance of the charity's objectives						
. Statutory grants receivable	1	—	526,325	—	526,325	313,945
. Other grants		—	816,217	—	816,217	676,134
. Charitable trading income		780,372	—	—	780,372	793,811
		<u>2,816,708</u>	<u>1,401,713</u>	<u>8</u>	<u>4,218,429</u>	<u>4,152,375</u>
Resources expended						
Cost of generating funds	2	696,775	—	—	696,775	721,838
Charitable activities						
. Mental Health Programmes	3	1,188,944	1,081,648	—	2,270,592	2,196,906
. FPLD		445,045	314,613	—	759,658	716,443
. Information, education, dissemination and advisory services programme		500,742	22,625	—	523,367	524,888
Governance	4	18,429	—	—	18,429	20,868
Total resources expended		<u>2,849,936</u>	<u>1,418,886</u>	<u>—</u>	<u>4,268,821</u>	<u>4,180,943</u>
Net incoming (outgoing) resources before transfers						
	6	(33,227)	(17,173)	8	(50,392)	(28,568)
Transfers between funds						
	14	65,098	(65,098)	—	—	—
Net movement in funds i.e. net income (expenditure) for the period						
		31,871	(82,271)	8	(50,392)	(28,568)
Balances brought forward at 1 April 2013						
		304,204	605,210	44,746	954,160	982,728
Balances carried forward at 31 March 2014						
		336,075	522,939	44,754	903,768	954,160

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

The charity has no recognised gains and losses other than those shown above and therefore no separate statement of total recognised gains and losses has been presented.

Balance sheet 31 March 2014

	Notes	2014 £	2014 £	2013 £	2013 £
Fixed assets					
Tangible assets	10		86,288		172,207
Investments	11		391,669		589,417
			<u>477,957</u>		<u>761,624</u>
Current assets					
Debtors	12	407,328		340,851	
Cash at bank and in hand		495,655		173,687	
		<u>902,983</u>		<u>514,538</u>	
Creditors: amounts falling due within one year	13	<u>(477,172)</u>		<u>(322,002)</u>	
Net current assets			425,811		192,536
Total net assets			<u>903,768</u>		<u>954,160</u>
Represented by:					
Funds and reserves					
Income funds					
Unrestricted funds					
.General funds			336,075		304,204
Restricted funds	14		522,939		605,210
			<u>859,014</u>		<u>909,414</u>
Capital funds					
Permanent endowment funds	15		44,754		44,746
			<u>903,768</u>		<u>954,160</u>

Signed on behalf of the
Trustees by:



Chair

Mental Health Foundation, Company Limited by Guarantee
Registration Number 02350846 (England and Wales)

Approved by the Trustees on: 27 November 2014

Cash flow statement Year to 31 March 2014

	Notes	2014 £	2013 £
Net cash inflow (outflow) from operating activities	A	131,329	(150,573)
Returns on investments and servicing of finance	B	3,806	4,270
Capital expenditure and financial investment	B	186,833	(10,627)
Increase (decrease) in cash	C	321,968	(156,930)

Notes to the cash flow statement for the year to 31 March 2014

A Adjustment of net movement in funds to net cash inflow (outflow) from operating activities

	2014 £	2013 £
Net movement in funds	(50,392)	(28,568)
Depreciation charge	96,834	127,224
Interest receivable	(350)	(506)
Investment income receivable	(3,456)	(3,764)
(Increase) decrease in debtors	(66,477)	45,640
Increase (decrease) in creditors	155,170	(290,599)
Net cash inflow (outflow) from operating activities	131,329	(150,573)

B Gross cash flows

	2014 £	2013 £
Returns on investments and servicing of finance		
Interest received	350	506
Investment income received	3,456	3,764
	3,806	4,270
Capital expenditure and financial investment		
Payments to acquire tangible fixed assets	(10,915)	(8,143)
Payments to acquire investments	(2,252)	(591,408)
Receipts from the disposal of investments	200,000	588,924
	186,833	(10,627)

Cash flow statement Year to 31 March 2014

C Analysis of changes in cash

	At 1 April 2013 £	Cash flows £	At 31 March 2014 £
Cash at bank and in hand	173,687	321,968	495,655

Basis of accounting

The financial statements have been prepared under the historical cost convention, as modified by the inclusion of investments at market value, and in accordance with the requirements of the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005 and the regulations thereunder. Applicable United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) and the Statement of Recommended Practice "Accounting and Reporting by Charities" (SORP 2005) have been followed in the preparation of these financial statements.

Incoming resources

Incoming resources, including grants, are recognised in the period in which the charity is entitled to receipt and the amount can be measured with reasonable certainty. 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.

Grants from government and other agencies have been included as income from charitable activities where these are for a specified area of work or amount to a contract for services, but as donations where the money is given in response to an appeal or with greater freedom of use, for example monies for core funding.

Resources expended and the basis of apportioning costs

Expenditure is included in the statement of financial activities when incurred and includes any attributable VAT which cannot be recovered.

Resources expended comprise the following:

- a. The costs of generating funds include the salaries, direct costs and overheads associated with generating donated income.
- b. The costs of charitable activities comprise expenditure of the charitable company's primary charitable purposes as described in the Trustees' report, including grants payable.

Grants payable are included in the statement of financial activities when approved and when the intended recipient has either received the funds or been informed of the decision to make the grant and has satisfied all related conditions. Grants approved but not paid at the end of the financial year are accrued for. Grants where the beneficiary has not been informed or has to meet certain conditions before the grant is released are not accrued for but are noted as financial commitments in the notes to the financial statements. Grants for which there is not secured funding are fully provided for.

- c. Governance costs are the costs associated with the governance of the charitable company and its assets. Included within this category are costs associated with the strategic, as opposed to day to day, management of the charitable company's activities.

Resources expended and the basis of apportioning costs (continued)

The majority of costs are directly attributable to specific activities. Certain shared support costs are apportioned as described in note 5.

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.

Fund accounting

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 15).

Pension contributions

Contributions in respect of defined contribution pension schemes are charged to the statement of financial activities in the period in which the premiums become payable to the scheme.

Leased assets

Rental applicable to operating leases, where substantially all the benefits and risks of ownership remain with the lessor, are charged to the statement of financial activities as incurred.

1 Incoming resources from charitable activities

	Unrestricted funds £	Restricted funds £	Total 2014 £	Total 2013 £
Statutory grants				
Department of Health IESDF	—	122,292	122,292	119,924
Scottish Government	—	341,760	341,760	173,263
Welsh Government	—	62,273	62,273	20,758
Total statutory grants	—	526,325	526,325	313,945
Other grants				
Arts Council (Visual Arts - Anxiety Festival)	—	24,450	24,450	—
Baily Thomas Charitable Trust (Thinking Ahead)	—	10,000	10,000	—
The Big Lottery Fund England - Reaching Communities (When I Grow Up)	—	62,864	62,864	13,930
The Big Lottery Fund England - Awards for All (Self-help & Dementia)	—	—	—	3,999
Big Lottery Fund Scotland – Awards for All (The Arches Mental Health awareness event)	—	—	—	10,000
Big Lottery Fund Scotland - Investing in (Peer Support for Carers)	—	33,328	33,328	—
Big Lottery Fund Wales - People and Places (Parc Prison)	—	55,436	55,436	—
Big Lottery Fund Wales - People and Places (Creating Connections)	—	32,304	32,304	—
Big Lottery Fund Wales – Mental Health Matters (Self-management)	—	—	—	26,832
City Bridge Trust (Self-help & Dementia)	—	28,500	28,500	22,500
Comic Relief (VOX)	—	84,452	84,452	68,185
Comic Relief (Amann - Refugees and Asylum Seekers)	—	21,853	21,853	55,607
Comic Relief (Innovations Lab)	—	5,000	5,000	—
Comic Relief (Teenage Mums Project, Hackney)	—	—	—	13,201
Dylan Schlosberg (Mindfulness & Post-natal Depression)	—	—	—	16,590
Design Council – Knee High Design (Babies in Mind)	—	11,000	11,000	—
Donald Forrester Trust (Psoriasis - Researching the benefit of Psychological therapy)	—	5,000	5,000	—
Economic and Social Research Council (Big Society)	—	17,267	17,267	—
Edinburgh and Lothian Health Foundation (Young People with Long Term Conditions)	—	8,890	8,890	—
Eli Lilly (State of Psychiatry)	—	—	—	5,000
Esmeé Fairbairn Foundation (Harassment & Bullying)	—	—	—	57,220
Eveson Charitable Trust (Foetal Alcohol Syndrome)	—	5,000	5,000	—
Foyer Federation (Healthy Conversations)	—	61,277	61,277	—
Housing 21 (Self Help and dementia)	—	11,511	11,511	—
Hugh Fraser Foundation (Brighter Futures)	—	—	—	3,000
Institute of Psychiatry (Integrated Health)	—	—	—	8,950
Institute of Psychiatry (Psychiatrist)	—	16,000	16,000	—
Institute of Psychiatry (State of Psychiatry)	—	8,000	8,000	16,000
Kings College, London (Aspen – Anti-stigma Programme European Network)	—	—	—	26,070
Lankelly Chase Foundation (Refugee and Asylum Seekers)	—	—	—	10,000
Long Term Conditions Alliance (Moving minds)	—	—	—	29,133
Lee Bolton Trust (Oxford Philosophy Handbook)	—	5,280	5,280	—
Maudsley Charity (Anxiety: London Arts & Film Festival 2014)	—	85,281	85,281	39,360

1 Incoming resources from charitable activities (continued)

	Unrestricted funds £	Restricted funds £	Total 2014 £	Total 2013 £
Maudsley Charity (Anxiety: London Arts and Film Festival 2014 - Gas Works)	—	11,570	11,570	—
Merchants House of Glasgow (The Arches Mental Health awareness event)	—	—	—	1,000
Mental Health Providers Forum (Mental Health Strategic Partnership)	—	—	—	27,100
NIHR School of Social Care Research (Mental Capacity & Direct payments)	—	42,479	42,479	96,068
Peter Minet Trust (Anxiety: London Arts and Film Festival 2014 – Balance and imbalance)	—	4,100	4,100	—
Pixel Fund (Self-help & Dementia)	—	—	—	5,000
Pixel fund (Psoriasis – Researching the benefits of psychological therapy)	—	5,000	5,000	—
PRS Foundation (Anxiety: London Arts and Film Festival 2014 - Anxiety Fanfare)	—	5,370	5,370	—
Portsmouth City Council (Foetal Alcohol Syndrome)	—	—	—	500
Mr & Mrs JA Pye Charitable Settlement (Mindfulness & Post-natal Depression)	—	—	—	1,000
Rayne Foundation (Self-help and Dementia)	—	—	—	10,000
Salters Company (Self-help and Dementia)	—	9,076	9,076	9,075
Scottish Association for Mental Health (See Me)	—	69,554	69,554	—
Southampton University (Research Prize)	—	—	—	400
St Mungo's (London Homeless Mental Health Review)	—	—	—	35,000
Zurich Community Trust (Children and Young People's Mental Health Coalition)	—	76,376	76,376	65,414
Total other grants	—	816,217	816,217	676,134
Total statutory and other grants	—	1,342,542	1,342,542	990,079
Charitable trading	780,372	—	780,372	793,811
Total	780,372	1,342,542	2,122,914	1,783,890

The incoming resources from statutory and other grants related to the following charitable activities:

	Unrestricted funds £	Restricted funds £	Total 2014 £	Total 2013 £
Mental Health Programmes	—	1,101,119	1,101,119	730,707
FPLD	—	212,423	212,423	211,832
Information, education, dissemination and advisory services programme	—	29,000	29,000	47,540
	—	1,342,542	1,342,542	990,079

1 Incoming resources from charitable activities (continued)

Statutory grants receivable comprise:

	Unrestricted funds £	Restricted funds £	Total 2014 £	Total 2013 £
Department of Health				
Thinking Right	—	24,736	24,736	25,210
Ordinary Life	—	49,128	49,128	49,033
IAPT: Access for All	—	48,428	48,428	45,681
	—	122,292	122,292	119,924
Scottish Government				
VoX	—	110,357	110,357	110,263
Glasgow & Edinburgh	—	42,137	42,137	63,000
Self Directed Supported	—	92,380	92,380	—
Review of Mental Health	—	76,886	76,886	—
Scottish Film Festival	—	20,000	20,000	—
	—	341,760	341,760	173,263
Welsh Government				
Welsh office core grant	—	62,273	62,273	20,758
Total	—	526,325	526,325	313,945

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:

	2014 £
The Hugh and Mary Miller Bequest Trust	5,000
Turcan Connell	4,000
M Becker	4,000
Peacock Charitable Trust	27,000

2 Cost of generating voluntary income

	Unrestricted funds £	Restricted funds £	Permanent endowment funds £	Total 2014 £	Total 2013 £
General fundraising (including staff costs)	696,775	—	—	696,775	721,838

3 Charitable activities

	Direct costs £	Support costs (note 5) £	Total 2014 £	Total 2013 £
Mental Health Programmes	1,819,172	451,420	2,270,592	2,196,906
FPLD	628,941	130,717	759,658	716,443
Information, education, dissemination and advisory services programme	417,819	105,548	523,367	524,888
	2,865,932	687,685	3,553,617	3,438,237

	Staff costs £	Other costs £	Total 2014 £	Total 2013 £
Direct costs included above comprise:				
Mental Health Programme	1,103,814	715,358	1,819,172	1,593,431
FPLD	381,902	247,039	628,941	543,717
Information, education, dissemination and advisory services programme	294,395	123,424	417,819	396,942
	1,780,111	1,085,821	2,865,932	2,534,090

At 31 March 2014 the charity had the following commitments in respect of grants and allocations to be paid out of future incoming resources as follows:

	2014 £	2013 £
Grants and allocations payable in:		
2014/2015	—	8,400

4 Governance costs

	Unrestricted funds £	Restricted funds £	Permanent endowment funds £	Total 2014 £	Total 2013 £
Legal and professional fees	12,776	—	—	12,776	12,500
Trustees' expenses and other trustee related costs	5,653	—	—	5,653	8,368
	18,429	—	—	18,429	20,868

5 Support costs

	London Office £	IT £	Finance £	Human Resources £	Total 2014 £
Costs of generating voluntary income	58,123	21,773	32,466	25,662	138,024
Mental Health Programmes	190,095	71,212	106,184	83,929	451,420
FPLD	55,046	20,621	30,747	24,303	130,717
Information, education, dissemination and advisory services programme	44,447	16,650	24,827	19,624	105,548
	347,711	130,256	194,224	153,518	825,709

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

6 Net incoming (outgoing) resources before transfers

This is stated after charging:

	2014 £	2013 £
Staff costs (note 7)	2,563,568	2,525,127
Depreciation	96,834	127,224
Auditor's remuneration		
· Audit	12,750	12,500
· Other services	8,268	10,920
Operating lease rentals		
· Land and buildings	121,486	111,446
· Equipment	17,488	15,725

7 Staff costs

	2014 £	2013 £
Staff costs during the year were as follows:		
Wages and salaries	2,153,797	2,118,573
Social security costs	219,439	219,225
Other pension costs	190,332	186,489
	2,563,568	2,524,287
Agency and temporary staff	—	840
	2,563,568	2,525,127

The average monthly number of employees (including temporary staff) during the year was 62 (2013 – 67).

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:

	2014	2013
£60,000 - £70,000	1	—
£100,001 - £110,000	—	1

7 Staff costs (continued)

Employer contributions made to a money purchase scheme in respect of the above employees during the year amounted to £3,933 (2013 - £8,000).

8 Trustees' remuneration and expenses

No Trustee received any remuneration in respect of their services as a trustee during the year (2014 - £nil).

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

	2014		2013	
	No of Trustees	Aggregate amount £	No of Trustees	Aggregate amount £
Travel expenses	3	2,320	3	742

The Trustees have taken out trustee indemnity insurance to cover the liability of the Trustees which by virtue of any rule of law would otherwise attach to them 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 amounted to £2,806 (2013 - £2,806) and provided cover of £1,000,000 (2013 - £1,000,000).

9 Taxation

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

10 Tangible fixed assets

	Fixtures, fittings and equipment £
Cost	
At 1 April 2013	334,577
Additions	10,915
Elimination of fully written down assets	(112,331)
At 31 March 2014	233,161
Depreciation	
At 1 April 2013	162,370
Charge for year	96,834
Elimination of fully written down assets	(112,331)
At 31 March 2014	146,873
Net book values	
At 31 March 2014	86,288
At 31 March 2013	172,207

11 Investments

	Unlisted investments £	Cash deposits £	2014 Total £
Market value/valuation			
At 1 April 2013	73	589,344	589,417
Interest reinvested	—	2,252	2,252
Cash withdrawn	—	(200,000)	(200,000)
At 31 March 2014	73	391,596	391,669

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 2014.

12 Debtors

	2014 £	2013 £
Trade debtors	193,176	139,700
Prepayments	76,482	129,856
Grants receivable	99,376	54,823
Other debtors	38,294	16,472
	407,328	340,851

13 Creditors: amounts falling due within one year

	2014 £	2013 £
Expense creditors	118,879	102,965
Other creditors	145,285	125,808
Service delivery deferred income	200,258	80,729
Accruals	12,750	12,500
	477,172	322,002

14 Restricted funds

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

	At 1 April 2013 £	Incoming resources £	Resources expended £	Transfers £	At 31 March 2014 £
Children and Young People – mental health problems	195,851	153,653	(214,168)	(18,000)	117,336
Foundation for People with Learning Disabilities	240,770	212,423	(314,613)	—	138,580
Research prize fund	8,500	—	(500)	—	8,000
Department of Health					
Thinking right	500	24,736	(24,920)	—	316
Ordinary Life	8,509	49,128	(49,234)	—	8,403
IAPT: Access for all	20,021	48,428	(48,288)	—	20,161
Other restricted funds	131,059	913,345	(767,163)	(47,098)	230,143
	<u>605,210</u>	<u>1,401,713</u>	<u>(1,418,886)</u>	<u>(65,098)</u>	<u>522,939</u>

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

Children and Young People – mental health problems

Research and development to help vulnerable children and young people, for example those who are looked after in residential settings and children living on the streets.

Foundation for People with Learning Disabilities

The Foundation is an integral part of the Mental Health Foundation, which supports a range of research, policy, practice and information activities across the UK which seek to enhance the well-being and quality of life of people with learning disabilities.

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.

Department of Health

Thinking Right: Adapting the basic tried and tested programme 'Enhanced Thinking Skills' for use with offenders with learning disabilities, working through prisons and local learning disability services.

Ordinary Life: Identifying innovative solutions that will support families with a disabled child with complex needs dependent on technology by enabling them to develop personalised and family-centred methods of care.

IAPT: Access for All: Finding ways through action learning to ensure access to IAPT (psychological therapies) for people with learning disabilities, autism and Asperger's Syndrome, up to 40% of whom have mental health problems but are largely excluded.

During the year £65,098 was transferred to unrestricted funds being a reimbursement of expenditure incurred for restricted fund purposes but met out of the unrestricted fund balances in the first instance.

15 Permanent endowment funds

	At 1 April 2013 £	Additions £	At 31 March 2014 £
Wilke Fund	12,094	—	12,094
Lander Fund	32,652	8	32,660
	44,746	8	44,754

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.

16 Analysis of net assets between funds

	Unrestricted funds £	Restricted funds £	Permanent endowment funds £	Total funds £
Tangible fixed assets	86,288	—	—	86,288
Investments	391,669	—	—	391,669
Net current (liabilities) assets	(141,882)	522,939	44,754	425,811
	336,075	522,939	44,754	903,768

17 Operating lease commitments

At 31 March 2014 the charity had the following annual commitments under non-cancellable operating leases:

	Land and buildings		Other	
	2014 £	2013 £	2014 £	2013 £
Operating leases which expire:				
. Within one to two years	105,720	—	—	—
. Within two to five years	16,500	122,220	17,488	16,041
	122,220	122,220	17,488	16,041

The Mental Health Foundation is a UK-wide charity that carries out research, campaigns for better mental health services, and works to raise awareness of all mental health issues to help us all lead mentally healthier lives.



**Mental Health Foundation
Colechurch House
1 London Bridge Walk
London SE1 2SX
United Kingdom**

**Telephone
020 7803 1100
Fax
020 7803 1111**

**Email
info@mentalhealth.org.uk
Website
www.mentalhealth.org.uk**

Registered Charity No.
England 801130
Scotland SC039714
Company Registration No. 2350846

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