

**THE MENTAL HEALTH FOUNDATION**

**Company limited by guarantee**

**Company Registration Number:  
02350846 (England and Wales)**

**Unaudited statutory accounts for the year ended 31 March 2023**

**Period of accounts**

**Start date: 1 April 2022**

**End date: 31 March 2023**

# **THE MENTAL HEALTH FOUNDATION**

## **Contents of the Financial Statements**

**for the Period Ended 31 March 2023**

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**Balance sheet notes**

# THE MENTAL HEALTH FOUNDATION

## Directors' report period ended 31 March 2023

The directors present their report with the financial statements of the company for the period ended 31 March 2023

### Principal activities of the company

Policy and advocacy Research Awareness raising

### Additional information

Strategic objectives and achievements

### Directors

The directors shown below have held office during the whole of the period from  
**1 April 2022 to 31 March 2023**

Aisha Iqbal Sheikh-Anene  
Richard Mark Scothorne  
Gavin Davidson  
Rosie Louise Tressler  
Jonny Jacobs  
Christopher John Martin  
Stephen William Workman  
Narayanan Vaidyanathan  
Karla Portilla

The director shown below has held office during the period of  
**1 April 2022 to 1 October 2022**

Jenny Paton

The directors shown below have held office during the period of  
**27 May 2022 to 31 March 2023**

Sonia Nerys Edmonds  
Saash Blaylock  
Huma Maryam Malik  
Laura Alice Earnshaw

### Secretary Arian Lance

The above report has been prepared in accordance with the special provisions in part 15 of the Companies Act 2006

This report was approved by the board of directors on  
**29 November 2023**

And signed on behalf of the board by:  
**Name: Aisha Iqbal Sheikh-Anene**  
**Status: Director**

# THE MENTAL HEALTH FOUNDATION

## Profit And Loss Account for the Period Ended 31 March 2023

	2023	2022
	£	£
Turnover:	7,373,929	10,683,590
Cost of sales:	( 1,776,144 )	( 1,618,840 )
<b>Gross profit(or loss):</b>	<u>5,597,785</u>	<u>9,064,750</u>
Distribution costs:	( 8,833,822 )	( 9,025,533 )
Administrative expenses:	( 451,987 )	( 212,566 )
Other operating income:	0	0
<b>Operating profit(or loss):</b>	<u>(3,688,024)</u>	<u>(173,349)</u>
Interest receivable and similar income:	0	587,520
Interest payable and similar charges:	( 366,496 )	0
<b>Profit(or loss) before tax:</b>	<u>(4,054,520)</u>	<u>414,171</u>
Tax:	0	0
<b>Profit(or loss) for the financial year:</b>	<u>(4,054,520)</u>	<u>414,171</u>

# THE MENTAL HEALTH FOUNDATION

## Balance sheet

As at 31 March 2023

	<i>Notes</i>	<i>2023</i>	<i>2022</i>
		£	£
<b>Fixed assets</b>			
Intangible assets:		0	0
Tangible assets:	3	6,185,835	6,050,446
Investments:	4	6,128,877	8,796,373
<b>Total fixed assets:</b>		<u>12,314,712</u>	<u>14,846,819</u>
<b>Current assets</b>			
Stocks:		0	0
Debtors:	5	326,334	310,115
Cash at bank and in hand:		521,545	1,765,955
Investments:		0	0
<b>Total current assets:</b>		<u>847,879</u>	<u>2,076,070</u>
Prepayments and accrued income:		2,980,550	3,195,431
Creditors: amounts falling due within one year:	6	( 683,517 )	( 892,599 )
<b>Net current assets (liabilities):</b>		<u>3,144,912</u>	<u>4,378,902</u>
<b>Total assets less current liabilities:</b>		<u>15,459,624</u>	<u>19,225,721</u>
Creditors: amounts falling due after more than one year:		0	0
Provision for liabilities:		0	0
Accruals and deferred income:		( 603,723 )	( 314,155 )
<b>Total net assets (liabilities):</b>		<u>14,855,901</u>	<u>18,911,566</u>
<b>Members' funds</b>			
Profit and loss account:		14,855,901	18,911,566
<b>Total members' funds:</b>		<u>14,855,901</u>	<u>18,911,566</u>

The notes form part of these financial statements

# THE MENTAL HEALTH FOUNDATION

## Balance sheet statements

For the year ending 31 March 2023 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared and delivered in accordance with the provisions applicable to companies subject to the small companies regime.

**This report was approved by the board of directors on 29 November 2023  
and signed on behalf of the board by:**

Name: Aisha Iqbal Sheikh-Anene  
Status: Director

The notes form part of these financial statements

# **THE MENTAL HEALTH FOUNDATION**

## **Notes to the Financial Statements**

**for the Period Ended 31 March 2023**

### **1. Accounting policies**

#### **Basis of measurement and preparation**

These financial statements have been prepared in accordance with the provisions of Section 1A (Small Entities) of Financial Reporting Standard 102

#### **Other accounting policies**

Reserves policy, Investment policy, Appointment policy, Remuneration policy, Environmental Policy

# THE MENTAL HEALTH FOUNDATION

## Notes to the Financial Statements for the Period Ended 31 March 2023

### 2. Employees

	2023	2022
Average number of employees during the period	145	136



# THE MENTAL HEALTH FOUNDATION

## Notes to the Financial Statements

for the Period Ended 31 March 2023

### 3. Tangible assets

	Land & buildings	Plant & machinery	Fixtures & fittings	Office equipment	Motor vehicles	Total
Cost	£	£	£	£	£	£
At 1 April 2022	5,851,150	0	266,051	0	0	6,117,201
Additions	302,660	0	43,139	0	0	345,799
Disposals	0	0	0	0	0	0
Revaluations	0	0	0	0	0	0
Transfers	0	0	0	0	0	0
At 31 March 2023	<u>6,153,810</u>	<u>0</u>	<u>309,190</u>	<u>0</u>	<u>0</u>	<u>6,463,000</u>
<b>Depreciation</b>						
At 1 April 2022	37,042	0	29,713	0	0	66,755
Charge for year	147,173	0	63,237	0	0	210,410
On disposals	0	0	0	0	0	0
Other adjustments	0	0	0	0	0	0
At 31 March 2023	<u>184,215</u>	<u>0</u>	<u>92,950</u>	<u>0</u>	<u>0</u>	<u>277,165</u>
<b>Net book value</b>						
At 31 March 2023	<u>5,969,595</u>	<u>0</u>	<u>216,240</u>	<u>0</u>	<u>0</u>	<u>6,185,835</u>
At 31 March 2022	<u>5,814,108</u>	<u>0</u>	<u>236,338</u>	<u>0</u>	<u>0</u>	<u>6,050,446</u>

# **THE MENTAL HEALTH FOUNDATION**

## **Notes to the Financial Statements**

**for the Period Ended 31 March 2023**

### **4. Fixed assets investments note**

The charity also holds unlisted investments comprising shares in Helpcards Holdings Limited and Mental Health at Work CIC. The charity holds 7,227 1p shares in Helpcards Holdings Limited, comprising 1.23% of the share capital. The shares have been valued by the trustees having regard to the company's net assets as at 31 March 2023. On 27 July 2018, the shareholders of Mental Health at Work CIC gifted the shares in the company to the charity. The net assets position as at 31 March 2023 was £20,437. The shares have been valued by the trustees at £nil value as at 31 March 2023.

# THE MENTAL HEALTH FOUNDATION

## Notes to the Financial Statements

for the Period Ended 31 March 2023

### 5. Debtors

	2023	2022
	£	£
Trade debtors	326,334	310,115
Prepayments and accrued income	0	0
Other debtors	0	0
Total	<u>326,334</u>	<u>310,115</u>
Debtors due after more than one year:	0	0

# THE MENTAL HEALTH FOUNDATION

## Notes to the Financial Statements

for the Period Ended 31 March 2023

### 6. Creditors: amounts falling due within one year note

	2023	2022
	£	£
Bank loans and overdrafts	0	0
Amounts due under finance leases and hire purchase contracts	0	0
Trade creditors	683,517	892,599
Taxation and social security	0	0
Accruals and deferred income	0	0
Other creditors	0	0
Total	<u>683,517</u>	<u>892,599</u>

This document was delivered using electronic communications and authenticated in accordance with the registrar's rules relating to electronic form, authentication and manner of delivery under section 1072 of the Companies Act 2006.